



Fig and Port Wine Charoset

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



166 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 cup figs black finely chopped
- 0.3 cup pinenuts lightly toasted
- 1 cup port wine
- 3 tablespoons vegetable oil
- 2 cups onion sweet finely chopped

Equipment

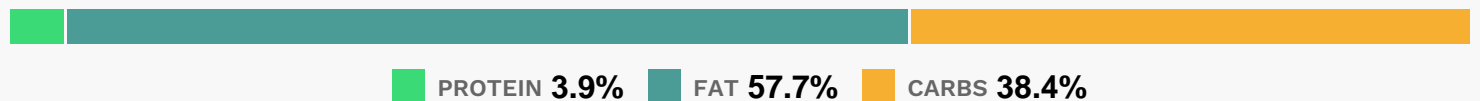
- bowl

- frying pan
- sauce pan

Directions

- In small saucepan, combine port and figs. Set over high heat and bring to boil. Reduce heat and simmer, uncovered, until figs are softened and port is slightly reduced, about 15 minutes.
- Meanwhile, in large heavy-bottomed skillet over moderately high heat, heat oil.
- Add onions and cook, stirring often, until lightly caramelized, about 20 minutes.
- Remove from heat and cool slightly.
- In large bowl, combine fig/port mixture, onions, pine nuts, and pepper.
- Serve at room temperature.
- Kedem brand kosher-for-Passover ruby port is available at www.queenannevine.com.

Nutrition Facts



Properties

Glycemic Index:11.63, Glycemic Load:2.95, Inflammation Score:-4, Nutrition Score:4.8113043722899%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 3.43mg, Catechin: 3.43mg, Catechin: 3.43mg, Catechin: 3.43mg Epicatechin: 2.42mg, Epicatechin: 2.42mg, Epicatechin: 2.42mg, Epicatechin: 2.42mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg

Nutrients (% of daily need)

Calories: 165.78kcal (8.29%), Fat: 9.07g (13.95%), Saturated Fat: 1.07g (6.7%), Carbohydrates: 13.59g (4.53%), Net Carbohydrates: 12.14g (4.42%), Sugar: 9.36g (10.41%), Cholesterol: 0mg (0%), Sodium: 6.32mg (0.27%), Alcohol: 4.59g (100%), Alcohol %: 5.27% (100%), Protein: 1.38g (2.76%), Manganese: 0.61mg (30.35%), Vitamin K: 14.02µg (13.36%), Copper: 0.13mg (6.58%), Vitamin E: 0.98mg (6.55%), Magnesium: 25.55mg (6.39%), Fiber: 1.44g (5.77%),

Potassium: 178.22mg (5.09%), Phosphorus: 50.08mg (5.01%), Vitamin B6: 0.09mg (4.54%), Vitamin B1: 0.06mg (4.01%), Iron: 0.6mg (3.35%), Folate: 12.9µg (3.22%), Zinc: 0.48mg (3.21%), Vitamin C: 2.56mg (3.1%), Vitamin B3: 0.48mg (2.42%), Vitamin B2: 0.04mg (2.42%), Calcium: 21.93mg (2.19%), Vitamin B5: 0.16mg (1.56%)