



Fig and Thyme Jam



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



111 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 pound figs fresh stemmed quartered
- ☐ 1 teaspoon orange zest finely grated
- ☐ 1 pinch sea salt
- ☐ 0.5 cup sorghum syrup
- ☐ 2 sprigs thyme leaves

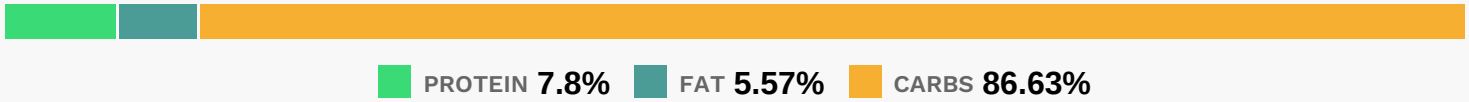
Equipment

- ☐ sauce pan

Directions

- ☐ Place sorghum syrup in a medium saucepan.Bring to a simmer over medium heat.
- ☐ Addorange zest, thyme sprigs, and pinch of salt.Simmer sorghum mixture for 1 minute.
- ☐ Addfigs. Continue to simmer, gently stirringoccasionally, until figs are soft but still holdtheir shape, 5–10 minutes, depending onfirmness of figs.
- ☐ Let jam cool. DO AHEAD:Jam can be made 2 weeks ahead.
- ☐ Transferto a jar. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:7.53, Inflammation Score:-4, Nutrition Score:3.3621739550777%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 110.84kcal (5.54%), Fat: 0.76g (1.17%), Saturated Fat: 0.12g (0.75%), Carbohydrates: 26.62g (8.87%), Net Carbohydrates: 23.34g (8.49%), Sugar: 12.32g (13.69%), Cholesterol: 0mg (0%), Sodium: 8.22mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.8%), Fiber: 3.28g (13.13%), Potassium: 234.13mg (6.69%), Iron: 1.04mg (5.8%), Phosphorus: 56.93mg (5.69%), Vitamin B1: 0.08mg (5.59%), Manganese: 0.1mg (5.13%), Vitamin B6: 0.09mg (4.36%), Vitamin B3: 0.78mg (3.9%), Vitamin B2: 0.06mg (3.67%), Vitamin K: 3.55µg (3.38%), Magnesium: 13.46mg (3.36%), Calcium: 32.83mg (3.28%), Vitamin C: 2.5mg (3.03%), Copper: 0.06mg (2.75%), Vitamin A: 124.59IU (2.49%), Vitamin B5: 0.23mg (2.3%), Folate: 4.79µg (1.2%)