



## Fig Bars with Red Wine and Anise Seeds

 Vegetarian

READY IN



150 min.

SERVINGS



12

CALORIES



283 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.8 teaspoon anise seeds
- ☐ 0.8 cooking wine dry red
- ☐ 1 large eggs (large)
- ☐ 10 ounces figs dried black stemmed chopped
- ☐ 1.5 cups flour for dusting all-purpose plus more
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.8 teaspoon lemon zest grated
- ☐ 1 teaspoon lemon zest grated

- ☐ 0.3 cup sugar
- ☐ 0.5 cup sugar
- ☐ 1 stick butter unsalted softened
- ☐ 1 teaspoon vanilla extract pure

## Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ pastry bag

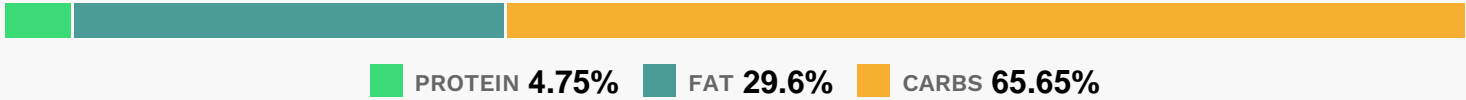
## Directions

- ☐ In a saucepan, combine the figs, wine, sugar, lemon zest, anise seeds and 1 cup of water and bring to a boil. Simmer over low heat until the figs are softened and the liquid is syrupy and reduced to 1/2 cup.
- ☐ Let the figs cool in their syrup, then puree in a food processor until smooth.
- ☐ Transfer the filling to a pastry bag fitted with a 1/2-inch plain tip.
- ☐ In a bowl, using an electric mixer, beat the butter until creamy. Beat in the sugar, vanilla, zest and salt at medium-high speed until fluffy, 3 minutes. Beat in the egg. At low speed, beat in the 1 1/2 cups of flour. Divide the dough in half, shape into rectangles and wrap in plastic. Freeze until firm, 20 minutes.
- ☐ Preheat the oven to 35
- ☐ Roll out 1 piece of dough between 2 sheets of floured parchment to a 9-by-12-inch rectangle, dusting with flour as needed.
- ☐ Remove the top sheet of parchment.
- ☐ Cut the rectangle into three 3-by-12-inch strips through the parchment and transfer to a baking sheet. Pipe two 1/2-inch-wide ropes of fig filling down the middle of each strip of dough. Refrigerate just until firm enough to fold, 5 minutes. Fold the dough over the filling and

turn onto a work surface, seam side down; discard the parchment.

- ☐ Cut each roll into 8 bars and arrange on a parchment-lined baking sheet.
- ☐ Bake for 20 minutes, until the dough is golden on the bottom.
- ☐ Let cool. Repeat with the remaining dough and filling.

## Nutrition Facts



## Properties

Glycemic Index:20.93, Glycemic Load:22.29, Inflammation Score:-4, Nutrition Score:5.0782608130704%

## Flavonoids

Petunidin: 1.56mg, Petunidin: 1.56mg, Petunidin: 1.56mg, Petunidin: 1.56mg Delphinidin: 1.96mg, Delphinidin: 1.96mg, Delphinidin: 1.96mg, Delphinidin: 1.96mg Malvidin: 12.3mg, Malvidin: 12.3mg, Malvidin: 12.3mg, Malvidin: 12.3mg Peonidin: 0.87mg, Peonidin: 0.87mg, Peonidin: 0.87mg, Peonidin: 0.87mg Catechin: 3.61mg, Catechin: 3.61mg, Catechin: 3.61mg, Catechin: 3.61mg Epicatechin: 5mg, Epicatechin: 5mg, Epicatechin: 5mg, Epicatechin: 5mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 283.07kcal (14.15%), Fat: 8.47g (13.03%), Saturated Fat: 5.03g (31.42%), Carbohydrates: 42.26g (14.09%), Net Carbohydrates: 39.47g (14.35%), Sugar: 25.29g (28.11%), Cholesterol: 35.75mg (11.92%), Sodium: 106.73mg (4.64%), Alcohol: 5.04g (100%), Alcohol %: 5.57% (100%), Protein: 3.06g (6.12%), Manganese: 0.23mg (11.65%), Fiber: 2.79g (11.15%), Selenium: 6.9µg (9.86%), Vitamin B1: 0.15mg (9.7%), Folate: 33.01µg (8.25%), Iron: 1.34mg (7.42%), Vitamin B2: 0.12mg (7.2%), Vitamin B3: 1.08mg (5.41%), Potassium: 188.44mg (5.38%), Vitamin A: 260.72IU (5.21%), Magnesium: 20.49mg (5.12%), Copper: 0.1mg (4.88%), Calcium: 46.64mg (4.66%), Phosphorus: 43.82mg (4.38%), Vitamin K: 4.4µg (4.19%), Vitamin B5: 0.25mg (2.47%), Vitamin E: 0.36mg (2.38%), Zinc: 0.34mg (2.25%), Vitamin B6: 0.04mg (2.03%), Vitamin D: 0.22µg (1.5%)