



Fig, Orange & Pistachio Conserve



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



100

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon cinnamon
- ☐ 1.3 pounds mission figs black cut into 1-inch pieces
- ☐ 0.1 teaspoon ground cloves
- ☐ 2 tablespoons juice of lemon freshly squeezed
- ☐ 0.5 orange juice freshly squeezed
- ☐ 2 orange zest finely grated
- ☐ 0.3 cup pistachios raw shelled
- ☐ 2 cups sugar

- ☐ 3 canning jars with lids and rings
- ☐ 3 canning jars with lids and rings

Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ tongs
- ☐ canning jar

Directions

- ☐ Fill a large pot with water, cover and bring to a boil.
- ☐ Add the canning jars, lids and rings along with a set of tongs and a ladle and simmer over low heat for about 10 minutes to sterilize. Cover the pot and turn off the heat.
- ☐ Set a metal rack in another large pot. Fill the pot with water, cover and bring to a boil.
- ☐ Meanwhile, in a medium saucepan, combine the figs with the sugar, orange zest and juice, lemon juice, cinnamon and cloves. Bring to a boil, stirring to dissolve the sugar. Boil over moderately high heat, stirring occasionally, until reduced to 3 cups, about 10 minutes. Stir in the pistachios.
- ☐ Using the sterilized tongs, remove the jars from the hot water and transfer to a rimmed baking sheet. Ladle the conserve into the jars, leaving 1/2 inch at the top. Using the tongs, place the lids on the jars followed by the rings. Screw on the lids securely but not too tightly.
- ☐ Using canning tongs, lower the jars into the boiling water of the pot with the rack at the bottom, making sure they are covered by at least 1 inch of water. Boil over high heat for 15 minutes. Using the canning tongs, transfer the jars to a rack to cool until the lids seal (they will look concave); refrigerate any jars that do not seal. Store the sealed jars in a cool, dark place for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:2.06, Glycemic Load:3.38, Inflammation Score:-1, Nutrition Score:0.3373913006938%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 22.37kcal (1.12%), Fat: 0.22g (0.34%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 5.31g (1.77%), Net Carbohydrates: 5.07g (1.84%), Sugar: 4.98g (5.53%), Cholesterol: 0mg (0%), Sodium: 0.12mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.27%)