

Fig-Sesame Jam



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



619 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 lb firm-ripe figs fresh trimmed quartered
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 inch lemon zest fresh
- ☐ 0.3 cup sesame seed toasted
- ☐ 1.3 cups sugar
- ☐ 0.8 cup water

Equipment

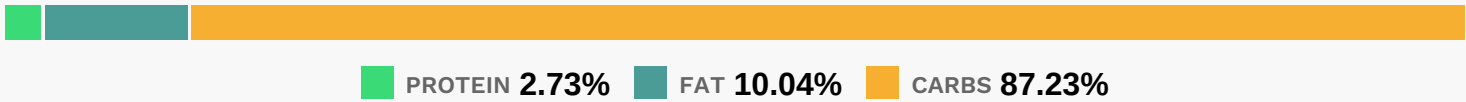
- ☐ sauce pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Simmer sugar and water in a large heavy saucepan, stirring, until sugar is dissolved. Gently stir in figs, zest, and lemon juice and simmer, uncovered, stirring occasionally, until thick and syrupy, 1 3/4 to 2 hours. Gently stir in sesame seeds.
- ☐ Jam keeps, covered and chilled, 1 month.Toast seeds in a dry heavy skillet over moderate heat, stirring until fragrant and a shade or two darker. Or, toast in a shallow baking pan in a 350°F oven, 5 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:55.36, Glycemic Load:88.75, Inflammation Score:-6, Nutrition Score:15.15695653791%

Flavonoids

Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 4.81mg, Catechin: 4.81mg, Catechin: 4.81mg, Catechin: 4.81mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 16.58mg, Quercetin: 16.58mg, Quercetin: 16.58mg, Quercetin: 16.58mg

Nutrients (% of daily need)

Calories: 619.23kcal (30.96%), Fat: 7.41g (11.4%), Saturated Fat: 1.06g (6.6%), Carbohydrates: 144.95g (48.32%), Net Carbohydrates: 134.5g (48.91%), Sugar: 132.82g (147.57%), Cholesterol: 0mg (0%), Sodium: 8.39mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.09%), Fiber: 10.45g (41.82%), Copper: 0.74mg (37.02%), Manganese: 0.7mg (34.95%), Magnesium: 96.73mg (24.18%), Calcium: 233.19mg (23.32%), Vitamin B6: 0.45mg (22.4%), Potassium: 774.73mg (22.14%), Vitamin B1: 0.28mg (18.92%), Iron: 3mg (16.67%), Vitamin C: 12.1mg (14.67%), Vitamin K: 14.21µg (13.54%), Phosphorus: 121.96mg (12.2%), Vitamin B2: 0.2mg (11.81%), Zinc: 1.45mg (9.64%), Vitamin B5: 0.93mg (9.32%), Vitamin B3: 1.79mg (8.95%), Vitamin A: 431.97IU (8.64%), Folate: 32.49µg (8.12%), Selenium: 5.43µg (7.75%), Vitamin E: 0.38mg (2.55%)