



## Figs Poached with Red Wine and Tea

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



378 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.8 cup brandy
- 2 sticks cinnamon (3-inch)
- 8 ounce figs dried
- 0.8 cup cooking wine dry red
- 0.8 cup honey
- 0.3 cup juice of lemon fresh
- 1 tablespoon lemon rind grated
- 0.8 cup whipped cream low-fat

- 0.7 cup orange juice fresh
- 2 tablespoons orange rind grated
- 0.3 cup strong-brewed tea black
- 6 inch vanilla pod split

## Equipment

- bowl
- frying pan
- sauce pan
- sieve

## Directions

- Combine first 11 ingredients in a medium saucepan. Stir well; bring to a boil over medium heat. Reduce heat; simmer 30 minutes. Strain brandy mixture through a sieve into a bowl, and discard solids. Return brandy mixture to pan.
- Add figs; bring to a boil. Reduce heat; simmer, uncovered, 1 hour or until figs are soft.
- Remove figs from pan, reserving brandy mixture.
- Let figs cool slightly; cut each fig in half.
- Arrange 5 fig halves on each of 6 dessert dishes; drizzle 1 1/2 tablespoons brandy syrup over figs. Top each serving with 2 tablespoons ice cream.
- Garnish with lemon zest, if desired.
- Note: This can be made a day ahead; cover and chill, and bring back to room temperature and serve.

## Nutrition Facts



## Properties

Glycemic Index:31.88, Glycemic Load:28.02, Inflammation Score:-5, Nutrition Score:7.2695652661116%

## Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Eriodictyol: 0.71mg, Eriodictyol: 0.71mg, Eriodictyol: 0.71mg, Eriodictyol: 0.71mg Hesperetin: 5.25mg, Hesperetin: 5.25mg, Hesperetin: 5.25mg, Hesperetin: 5.25mg Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

## Nutrients (% of daily need)

Calories: 378.11kcal (18.91%), Fat: 1.76g (2.7%), Saturated Fat: 0.63g (3.93%), Carbohydrates: 71.49g (23.83%), Net Carbohydrates: 66.61g (24.22%), Sugar: 59.82g (66.46%), Cholesterol: 5.13mg (1.71%), Sodium: 20.75mg (0.9%), Alcohol: 13.17g (100%), Alcohol %: 7.58% (100%), Caffeine: 5.27mg (1.76%), Protein: 2.65g (5.3%), Vitamin C: 23.97mg (29.06%), Manganese: 0.45mg (22.27%), Fiber: 4.88g (19.52%), Potassium: 405.58mg (11.59%), Calcium: 114.73mg (11.47%), Magnesium: 34.74mg (8.69%), Copper: 0.15mg (7.73%), Vitamin B2: 0.12mg (7.07%), Iron: 1.18mg (6.57%), Vitamin K: 6.38µg (6.07%), Phosphorus: 55.24mg (5.52%), Vitamin B1: 0.08mg (5.14%), Folate: 17.43µg (4.36%), Vitamin B6: 0.08mg (4.18%), Vitamin B5: 0.41mg (4.05%), Zinc: 0.55mg (3.64%), Vitamin A: 157.17IU (3.14%), Vitamin B3: 0.5mg (2.5%), Vitamin E: 0.23mg (1.51%), Selenium: 1.05µg (1.5%), Vitamin B12: 0.09µg (1.49%)