



Figs with Balsamic Vinegar, Mascarpone, and Walnuts



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



312 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1 cup wine dry red
- ☐ 1 pound figs dried
- ☐ 0.5 cup mascarpone cheese
- ☐ 0.5 cup sugar
- ☐ 2 ounces walnut pieces toasted

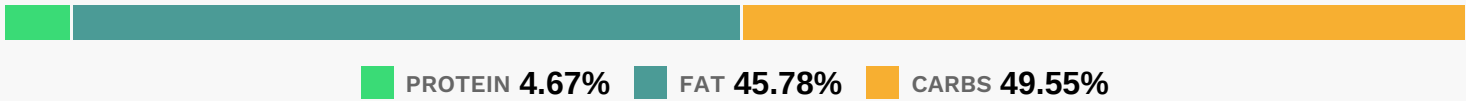
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F.
- ☐ Bring wine, vinegar, and sugar to a boil in a 3-quart heavy nonreactive saucepan over moderate heat, stirring until sugar is dissolved, then add figs and gently simmer, uncovered, 5 minutes.
- ☐ Pour figs with liquid into a 2-quart shallow glass or ceramic baking dish and sprinkle with walnuts.
- ☐ Bake, uncovered, until figs are softened and have absorbed about two thirds of liquid, about 30 minutes. Cool slightly, about 15 minutes.
- ☐ Serve warm figs with sauce and a dollop of mascarpone.

Nutrition Facts



Properties

Glycemic Index:33.52, Glycemic Load:20.49, Inflammation Score:-5, Nutrition Score:4.9530434608459%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epicatechin: 4.64mg, Epicatechin: 4.64mg, Epicatechin: 4.64mg, Epicatechin: 4.64mg 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: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg

Nutrients (% of daily need)

Calories: 311.95kcal (15.6%), Fat: 14.88g (22.89%), Saturated Fat: 5.87g (36.72%), Carbohydrates: 36.24g (12.08%), Net Carbohydrates: 33.41g (12.15%), Sugar: 31.32g (34.8%), Cholesterol: 18.75mg (6.25%), Sodium: 14.68mg (0.64%),

Alcohol: 4.2g (100%), Alcohol %: 3.05% (100%), Protein: 3.41g (6.83%), Manganese: 0.44mg (21.93%), Fiber: 2.83g (11.3%), Copper: 0.21mg (10.4%), Vitamin A: 371.74IU (7.43%), Magnesium: 29.48mg (7.37%), Vitamin B6: 0.14mg (6.81%), Potassium: 233.26mg (6.66%), Calcium: 65.96mg (6.6%), Vitamin B1: 0.08mg (5.17%), Phosphorus: 45.97mg (4.6%), Iron: 0.67mg (3.69%), Vitamin K: 3.81µg (3.63%), Folate: 13.8µg (3.45%), Vitamin B2: 0.06mg (3.24%), Vitamin B5: 0.28mg (2.81%), Zinc: 0.42mg (2.79%), Vitamin B3: 0.41mg (2.04%), Vitamin C: 1.63mg (1.98%), Selenium: 0.71µg (1.02%)