



Figs with Honey-Yogurt Cream

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



593 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon aniseed
- ☐ 2 cinnamon sticks
- ☐ 2 cups figs dried stemmed quartered
- ☐ 2 teaspoons gelatin powder unflavored
- ☐ 0.3 cup honey
- ☐ 2 optional: lemon
- ☐ 0.3 cup orange-flower water
- ☐ 3 cranberry-orange relish

- ☐ 750 ml red wine red
- ☐ 1.5 cups yogurt plain organic (preferably)
- ☐ 0.8 cup sugar
- ☐ 1.5 cups whipping cream chilled

Equipment

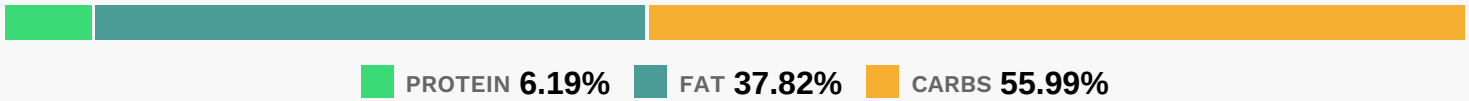
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ ramekin
- ☐ spatula
- ☐ peeler

Directions

- ☐ Using vegetable peeler, cut off peel from 2 oranges (orange part only) and from 1 lemon (yellow part only).
- ☐ Place peels in heavy large saucepan. Juice oranges and lemons.
- ☐ Add 1 cup orange juice and 1/4 cup lemon juice to same pan (reserve any remaining juices for another use).
- ☐ Add red Zinfandel, sugar, honey, and spices and bring to boil, stirring until sugar dissolves.
- ☐ Add dried figs; reduce heat to medium-low and simmer until figs are tender and mixture is reduced to 3 1/2 cups, about 1 hour.
- ☐ Transfer to bowl; cover and chill at least 6 hours. (Can be prepared 3 days ahead. Keep chilled.)
- ☐ Whisk plain whole-milk yogurt and orange blossom honey in medium bowl to blend; set aside.
- ☐ Place 1/4 cup chilled whipping cream in small cup; sprinkle unflavored gelatin over.
- ☐ Let stand until gelatin softens and absorbs all of whipping cream, about 15 minutes.
- ☐ Bring 1/2 cup whipping cream to simmer in heavy medium saucepan over medium heat.

- ☐ Add softened gelatin mixture and stir until gelatin dissolves completely, about 1 minute (do not boil).
- ☐ Remove from heat. Gradually stir in remaining 3/4 cup whipping cream.
- ☐ Whisk cream mixture into yogurt mixture. Divide yogurt-cream mixture among six 3/4-cup custard cups or ramekins. Refrigerate yogurt creams until set, at least 4 hours. (Can be prepared 1 day ahead. Cover and keep yogurt creams refrigerated.)
- ☐ Cut around yogurt creams to loosen. Turn out onto plates; surround with figs and syrup and serve.
- ☐ Adding softened gelatin to hot cream makes it easier to dissolve. To be sure it is fully dissolved, turn over the spoon or spatula that you are stirring with and run a finger over the hot cream mixture. You should not feel or see any gelatin granules.

Nutrition Facts



Properties

Glycemic Index:43.56, Glycemic Load:34.6, Inflammation Score:-8, Nutrition Score:13.729565008827%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.25mg, Catechin: 1.25mg, Catechin: 1.25mg, Catechin: 1.25mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 27.89mg, Hesperetin: 27.89mg, Hesperetin: 27.89mg, Hesperetin: 27.89mg Naringenin: 10.23mg, Naringenin: 10.23mg, Naringenin: 10.23mg, Naringenin: 10.23mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg

Nutrients (% of daily need)

Calories: 593.01kcal (29.65%), Fat: 22.14g (34.05%), Saturated Fat: 13.83g (86.46%), Carbohydrates: 73.75g (24.58%), Net Carbohydrates: 68.21g (24.8%), Sugar: 62.89g (69.88%), Cholesterol: 68.46mg (22.82%), Sodium: 68.31mg (2.97%), Alcohol: 13.84g (100%), Alcohol %: 3.65% (100%), Protein: 8.15g (16.3%), Vitamin C: 56.56mg (68.56%), Calcium: 238.92mg (23.89%), Vitamin A: 1150.18IU (23%), Fiber: 5.54g (22.16%), Vitamin B2: 0.34mg (20.13%), Manganese: 0.35mg (17.65%), Potassium: 579.4mg (16.55%), Phosphorus: 159.21mg (15.92%), Vitamin B6: 0.22mg (10.85%), Vitamin B1: 0.16mg (10.74%), Vitamin B5: 1.03mg (10.3%), Magnesium: 40.2mg (10.05%), Folate: 38.84µg (9.71%), Vitamin B12: 0.47µg (7.81%), Selenium: 5.45µg (7.79%), Copper: 0.15mg (7.74%), Zinc: 0.99mg

(6.59%), Vitamin D: 0.95µg (6.35%), Vitamin K: 6.1µg (5.81%), Vitamin E: 0.83mg (5.55%), Iron: 0.93mg (5.18%),
Vitamin B3: 0.69mg (3.45%)