



Gingered Fig Preserves

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



61 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 3 ounces crystallized ginger chopped
- 1 pound calimyrna figs dried stemmed
- 3 inch ginger fresh peeled
- 3 tablespoons juice of lemon fresh
- 0.5 cup orange juice fresh (1 large orange)
- 2 teaspoons orange rind grated
- 1 cup sugar
- 1.8 cups water

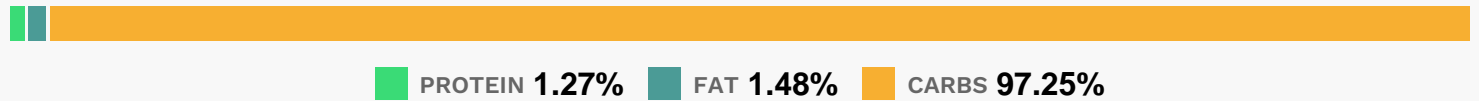
Equipment

- food processor
- sauce pan

Directions

- Combine first 6 ingredients in a large saucepan. Bring to a boil over medium-high heat, stirring until sugar dissolves. Cover, reduce heat to low, and simmer 25 minutes or until figs are tender.
- Stir in crystallized ginger and rind. Cook, uncovered, over medium heat 30 minutes or until mixture is syrupy, stirring occasionally.
- Remove mixture from heat, and cool 10 minutes. Discard fresh ginger pieces.
- Place mixture in a food processor, and process until smooth. Store in the refrigerator.
- Note: Store in the refrigerator for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:8.25, Glycemic Load:7.99, Inflammation Score:-1, Nutrition Score:0.94173913934956%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 61.05kcal (3.05%), Fat: 0.11g (0.16%), Saturated Fat: 0.02g (0.09%), Carbohydrates: 15.58g (5.19%), Net Carbohydrates: 14.99g (5.45%), Sugar: 14.58g (16.2%), Cholesterol: 0mg (0%), Sodium: 1.86mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.41%), Vitamin C: 3.96mg (4.8%), Fiber: 0.6g (2.4%), Potassium: 60.26mg (1.72%), Manganese: 0.03mg (1.37%), Vitamin B6: 0.03mg (1.3%), Magnesium: 4.48mg (1.12%), Vitamin B1: 0.02mg (1.12%), Copper: 0.02mg (1.06%)