



Lambrusco-Poached Figs with Vanilla Bean Ice Cream



Gluten Free



Dairy Free

READY IN



180 min.

SERVINGS



6

CALORIES



344 kcal

SIDE DISH

Ingredients

- ☐ 2 cinnamon sticks
- ☐ 12 figs ripe
- ☐ 3 star anise whole
- ☐ 1 cup sugar
- ☐ 6 servings whipped cream as needed

Equipment

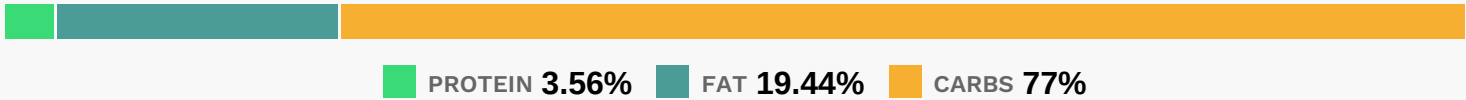
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine the zest, wine, sugar, cinnamon, and star anise in a small sauce pan. Bring the mixture to a boil and then turn the heat off and let the ingredients steep for a couple of hours, or up to overnight. Trim the figs and cut them in half lengthwise. lay them in as close to single layer, cut side down in the bottom of a large saute pan. Strain the Lambrusco mixture over the figs. Don't worry if it does not cover them completely. Discard the solids. Bring the mixture to a simmer and cook, undisturbed until the figs are softened somewhat, about 4 minutes. Using a spoon carefully flip each fig over, basting it with the liquid; cook and additional 2 or 3 minutes.
- ☐ Transfer the figs to six low-sided serving bowls. Strain the seeds from the remaining liquid and then return it to the pan and simmer until it is reduced to a syrupy cocnsistency. About 10 minutes.
- ☐ Place a scoop of ice cream to each bowl and add the thickened sauce while it is still hot. The ice cream will melt making for a luscious end of summer dessert.

Nutrition Facts



Properties

Glycemic Index:33.68, Glycemic Load:42.46, Inflammation Score:-4, Nutrition Score:6.5678260274555%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 343.52kcal (17.18%), Fat: 7.76g (11.94%), Saturated Fat: 4.55g (28.43%), Carbohydrates: 69.17g (23.06%), Net Carbohydrates: 65.11g (23.68%), Sugar: 63.58g (70.65%), Cholesterol: 29.04mg (9.68%), Sodium: 54.33mg (2.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.39%), Manganese: 0.35mg (17.49%), Fiber: 4.05g (16.22%), Calcium: 134.73mg (13.47%), Vitamin B2: 0.22mg (12.74%), Potassium: 376.24mg (10.75%), Phosphorus: 86.25mg (8.62%), Vitamin A: 424.86IU (8.5%), Vitamin B6: 0.15mg (7.49%), Magnesium: 27.79mg

(6.95%), Vitamin B5: 0.69mg (6.92%), Vitamin B1: 0.09mg (5.93%), Vitamin K: 5.26µg (5.01%), Copper: 0.1mg (4.8%), Zinc: 0.66mg (4.38%), Vitamin B12: 0.26µg (4.29%), Iron: 0.73mg (4.04%), Vitamin C: 2.55mg (3.09%), Vitamin B3: 0.51mg (2.54%), Folate: 9.42µg (2.36%), Selenium: 1.65µg (2.36%), Vitamin E: 0.34mg (2.23%)