



Maple, Fig, and Marsala Pie

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



206 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon cider vinegar
- ☐ 0.5 cup brown sugar dark packed
- ☐ 8 ounces figs dried coarsely chopped
- ☐ 3 large eggs
- ☐ 0.5 cup maple syrup
- ☐ 2 tablespoons butter
- ☐ 0.3 cup plum brandy sweet
- ☐ 9 inch pastry crust

- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons vanilla extract

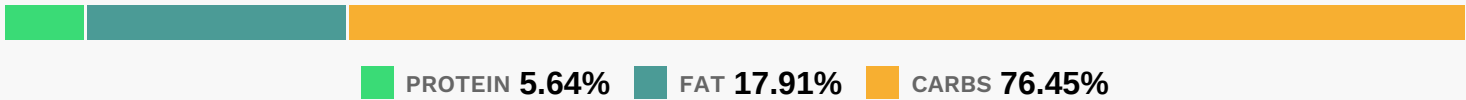
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Prepare and bake the Pastry Crust in a 9-inch pie plate. Cool crust completely on a wire rack.
- ☐ Combine the figs and Marsala in a medium saucepan, and bring to a simmer over medium heat. Cover, reduce heat, and simmer 10 minutes or until liquid is absorbed.
- ☐ Remove from heat; place in a medium bowl. Cool completely.
- ☐ Preheat oven to 35
- ☐ Melt the margarine in a small, heavy saucepan over low heat.
- ☐ Remove from heat; add brown sugar and salt, stirring until combined.
- ☐ Add maple syrup, vinegar, vanilla, and eggs; stir well.
- ☐ Add to fig mixture; stir well. Spoon fig mixture into prepared crust.
- ☐ Bake at 350 for 35 minutes or until filling is set. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:14.55, Glycemic Load:8.21, Inflammation Score:-2, Nutrition Score:5.482608705759%

Flavonoids

Petunidin: 0.53mg, Petunidin: 0.53mg, Petunidin: 0.53mg, Petunidin: 0.53mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 7.59mg, Malvidin: 7.59mg, Malvidin: 7.59mg, Malvidin: 7.59mg Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg Catechin: 0.79mg, Catechin:

0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 205.58kcal (10.28%), Fat: 4.03g (6.2%), Saturated Fat: 1g (6.27%), Carbohydrates: 38.68g (12.89%), Net Carbohydrates: 36.41g (13.24%), Sugar: 31.97g (35.52%), Cholesterol: 55.8mg (18.6%), Sodium: 124.55mg (5.42%), Alcohol: 1.5g (100%), Alcohol %: 2.37% (100%), Protein: 2.86g (5.71%), Manganese: 0.52mg (26.17%), Vitamin B2: 0.3mg (17.8%), Fiber: 2.27g (9.06%), Selenium: 5.45µg (7.78%), Calcium: 73.78mg (7.38%), Potassium: 238.29mg (6.81%), Magnesium: 22.91mg (5.73%), Iron: 0.92mg (5.09%), Phosphorus: 48.58mg (4.86%), Copper: 0.09mg (4.39%), Vitamin A: 183.42IU (3.67%), Vitamin B5: 0.35mg (3.55%), Vitamin K: 3.64µg (3.47%), Vitamin B1: 0.05mg (3.34%), Zinc: 0.48mg (3.18%), Folate: 11.24µg (2.81%), Vitamin B6: 0.06mg (2.76%), Vitamin B12: 0.14µg (2.27%), Vitamin E: 0.33mg (2.19%), Vitamin D: 0.3µg (2%), Vitamin B3: 0.29mg (1.45%)