



Marsala-Poached Figs



Vegetarian



Gluten Free



Dairy Free

READY IN



13 min.

SERVINGS



6

CALORIES



74 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 peppercorns black
- ☐ 1 stick cinnamon (3-inch)
- ☐ 8.5 ounces mission figs fresh black halved
- ☐ 1 tablespoon honey
- ☐ 0.5 cup plum brandy

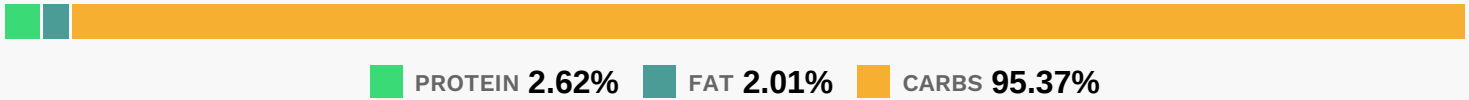
Equipment

- ☐ sauce pan

Directions

- ☐ Combine first 4 ingredients in a medium saucepan. Bring to a boil; cook 7 minutes or until syrupy.
- ☐ Add figs; cook 1 minute or until thoroughly heated.
- ☐ Choice ingredient
- ☐ Fresh figs need very little adornment and cooking, thanks to their subtle, sweet flavor and dense texture. For a quick, pleasurable ending to a meal, serve figs raw, or gently simmer them in a sauce for just a few minutes. Figs are available twice a year, with the first crop available from June through July, and the second crop coming in early September and lasting through mid-October.

Nutrition Facts



Properties

Glycemic Index:25.05, Glycemic Load:5.51, Inflammation Score:-2, Nutrition Score:1.8147826207721%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 73.93kcal (3.7%), Fat: 0.13g (0.2%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 13.84g (4.61%), Net Carbohydrates: 12.34g (4.49%), Sugar: 10.99g (12.21%), Cholesterol: 0mg (0%), Sodium: 2.41mg (0.1%), Alcohol: 3.06g (100%), Alcohol %: 6.03% (100%), Protein: 0.38g (0.76%), Manganese: 0.19mg (9.31%), Fiber: 1.49g (5.98%), Potassium: 116.57mg (3.33%), Vitamin B6: 0.05mg (2.36%), Magnesium: 9.13mg (2.28%), Calcium: 21.93mg (2.19%), Vitamin K: 2.15µg (2.05%), Copper: 0.04mg (2.05%), Vitamin B1: 0.03mg (1.86%), Vitamin B2: 0.03mg (1.49%), Iron: 0.26mg (1.47%), Vitamin B5: 0.13mg (1.32%), Vitamin A: 59.02IU (1.18%), Vitamin B3: 0.22mg (1.08%), Vitamin C: 0.84mg (1.02%)