



Peppery Fig and Cider Compote

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



93 kcal

SAUCE

Ingredients

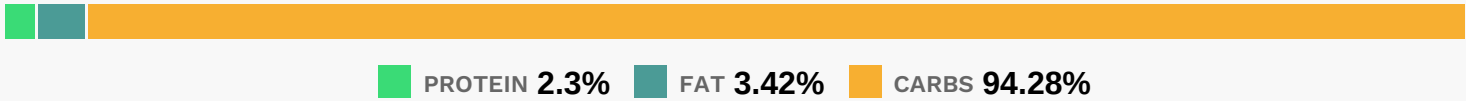
- ☐ 1.5 cups unfiltered apple cider
- ☐ 1 teaspoon peppercorns black crushed
- ☐ 8 ounces mission figs dried stemmed
- ☐ 6 inch orange zest
- ☐ 6 servings accompaniment: ricotta fresh
- ☐ 0.3 cup sugar
- ☐ 1 turkish or

Equipment

Directions

- ☐ Cut figs into 1-inch pieces. Boil cider with figs and remaining ingredients, uncovered, until it is slightly syrupy and figs are plump, about 20 minutes.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:38.47, Glycemic Load:12.34, Inflammation Score:-1, Nutrition Score:2.3852173753245%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epicatechin: 2.97mg, Epicatechin: 2.97mg, Epicatechin: 2.97mg, Epicatechin: 2.97mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

Nutrients (% of daily need)

Calories: 93.29kcal (4.66%), Fat: 0.38g (0.58%), Saturated Fat: 0.13g (0.81%), Carbohydrates: 23.37g (7.79%), Net Carbohydrates: 21.7g (7.89%), Sugar: 20.16g (22.4%), Cholesterol: 0.51mg (0.17%), Sodium: 3.89mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.14%), Manganese: 0.19mg (9.37%), Fiber: 1.67g (6.69%), Vitamin C: 4.75mg (5.76%), Potassium: 163.72mg (4.68%), Vitamin B6: 0.06mg (3.03%), Vitamin K: 2.99µg (2.85%), Magnesium: 11.32mg (2.83%), Calcium: 27.58mg (2.76%), Vitamin B1: 0.04mg (2.6%), Copper: 0.05mg (2.32%), Vitamin B2: 0.04mg (2.13%), Iron: 0.32mg (1.76%), Vitamin B5: 0.17mg (1.67%), Vitamin A: 74.43IU (1.49%), Phosphorus: 12.71mg (1.27%), Vitamin B3: 0.23mg (1.13%)