



## Poached Figs in Wine



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



348 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 1 stick cinnamon (3-inch)
- ☐ 1 pound figs dried halved
- ☐ 0.5 cup cooking wine dry red
- ☐ 1 teaspoon orange rind grated
- ☐ 2 cups port sweet
- ☐ 0.5 cup slivered almonds toasted
- ☐ 0.5 cup whipping cream

☐ 1 star anise whole

Equipment

☐ bowl

☐ sauce pan

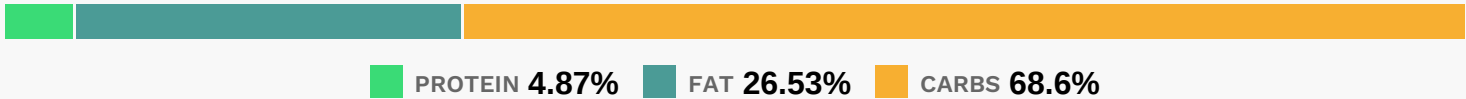
☐ blender

Directions

☐ Combine first 8 ingredients in a large saucepan; bring to a boil. Cover, reduce heat, and simmer over low heat 40 minutes. Cover and chill. Discard cloves, star anise, and cinnamon stick.

☐ Place whipping cream in a medium bowl; beat with a mixer at high speed until soft peaks form. Top fig mixture with whipped cream and toasted almonds.

Nutrition Facts



Properties

Glycemic Index:8.25, Glycemic Load:9.81, Inflammation Score:-6, Nutrition Score:8.876956531535%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Petunidin: 1.69mg, Petunidin: 1.69mg, Petunidin: 1.69mg, Petunidin: 1.69mg Delphinidin: 1.83mg, Delphinidin: 1.83mg, Delphinidin: 1.83mg, Delphinidin: 1.83mg Malvidin: 12.24mg, Malvidin: 12.24mg, Malvidin: 12.24mg, Malvidin: 12.24mg Peonidin: 1.03mg, Peonidin: 1.03mg, Peonidin: 1.03mg, Peonidin: 1.03mg Catechin: 5.53mg, Catechin: 5.53mg, Catechin: 5.53mg, Catechin: 5.53mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 3.91mg, Epicatechin: 3.91mg, Epicatechin: 3.91mg, Epicatechin: 3.91mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.09mg, Naringenin: 1.09mg, Naringenin: 1.09mg, Naringenin: 1.09mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 348.28kcal (17.41%), Fat: 9.29g (14.29%), Saturated Fat: 3.76g (23.51%), Carbohydrates: 54.03g (18.01%), Net Carbohydrates: 47.36g (17.22%), Sugar: 41.61g (46.23%), Cholesterol: 16.81mg (5.6%), Sodium: 16.07mg (0.7%), Alcohol: 7.93g (100%), Alcohol %: 5.99% (100%), Protein: 3.84g (7.67%), Manganese: 0.61mg (30.54%), Fiber: 6.68g (26.71%), Magnesium: 66.79mg (16.7%), Potassium: 547.87mg (15.65%), Calcium: 141.63mg (14.16%), Vitamin E: 2.08mg (13.86%), Copper: 0.25mg (12.49%), Iron: 1.87mg (10.41%), Vitamin B2: 0.17mg (10.05%), Phosphorus: 94.32mg (9.43%), Vitamin K: 9.7µg (9.24%), Vitamin B6: 0.12mg (5.82%), Zinc: 0.72mg (4.83%), Vitamin B1: 0.07mg (4.59%), Vitamin A: 228.33IU (4.57%), Vitamin B3: 0.77mg (3.83%), Vitamin B5: 0.36mg (3.56%), Folate: 9.52µg (2.38%), Selenium: 1.37µg (1.96%), Vitamin D: 0.24µg (1.59%), Vitamin C: 1.15mg (1.4%)