



Port-Baked Winter Fruit



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



208 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups apple cider
- ☐ 1 stick cinnamon 3-inch
- ☐ 5 oz apples dried
- ☐ 7 oz apricots dried
- ☐ 0.5 cup golden raisins
- ☐ 2 navel oranges peeled
- ☐ 1 slices garnish: orange
- ☐ 0.7 cup port

- ☐ 10 oz mission figlets dried trimmed halved
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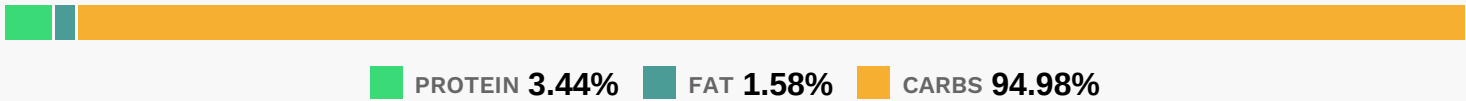
Equipment

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Place first 8 ingredients in an 11- x 7-inch baking dish; gently toss to combine. Cover with aluminum foil, and chill 12 to 24 hours.
- ☐ Preheat oven to 35
- ☐ Bake fruit, covered, 45 to 50 minutes or until thoroughly heated and fruit is soft.
- ☐ Let stand, covered, 15 minutes.
- ☐ Remove and discard cinnamon stick.
- ☐ Serve with a slotted spoon and, if desired, Brown Sugar-Lemon Sour Cream.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:25.91, Glycemic Load:14.14, Inflammation Score:-7, Nutrition Score:7.3626086349073%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg 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: 2.71mg, Catechin: 2.71mg, Catechin: 2.71mg, Catechin: 2.71mg Epicatechin: 4.29mg, Epicatechin: 4.29mg, Epicatechin: 4.29mg, Epicatechin: 4.29mg Hesperetin: 8.13mg, Hesperetin: 8.13mg, Hesperetin: 8.13mg, Hesperetin: 8.13mg Naringenin: 2.75mg, Naringenin: 2.75mg, Naringenin: 2.75mg, Naringenin: 2.75mg

2.75mg, Naringenin: 2.75mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 208.4kcal (10.42%), Fat: 0.36g (0.56%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 48.77g (16.26%), Net Carbohydrates: 43.89g (15.96%), Sugar: 39.13g (43.47%), Cholesterol: 0mg (0%), Sodium: 23.54mg (1.02%), Alcohol: 3.06g (100%), Alcohol %: 2.31% (100%), Protein: 1.76g (3.53%), Vitamin C: 23.39mg (28.35%), Vitamin A: 986.27IU (19.73%), Fiber: 4.88g (19.51%), Potassium: 576.23mg (16.46%), Manganese: 0.26mg (12.83%), Copper: 0.18mg (9.19%), Vitamin E: 1.25mg (8.34%), Iron: 1.27mg (7.07%), Vitamin B6: 0.13mg (6.35%), Vitamin B3: 1.16mg (5.78%), Magnesium: 22.98mg (5.75%), Vitamin B2: 0.1mg (5.66%), Phosphorus: 49.27mg (4.93%), Calcium: 47.38mg (4.74%), Folate: 15.2µg (3.8%), Vitamin B5: 0.32mg (3.17%), Vitamin B1: 0.05mg (3.06%), Vitamin K: 1.75µg (1.67%), Zinc: 0.22mg (1.49%), Selenium: 1.02µg (1.46%)