



Port-Fig Napoleons with Walnut Oil and Honey Cream



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



205 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 stick cinnamon (2-inch)
- ☐ 18 figs dried thinly sliced
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons orange juice fresh
- ☐ 6 sheets phyllo dough frozen thawed ()
- ☐ 0.5 cup port sweet
- ☐ 1 tablespoon powdered sugar

- ☐ 2 tablespoons powdered sugar divided
- ☐ 1 Dash salt
- ☐ 1 tablespoon walnut oil
- ☐ 1 tablespoon walnut oil divided

Equipment

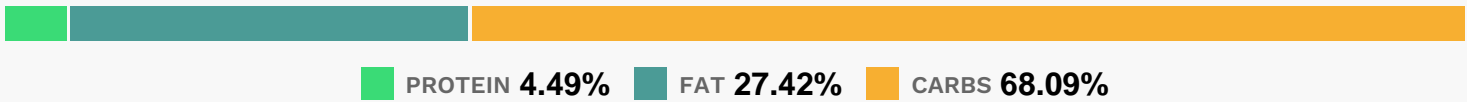
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 350
- ☐ To prepare phyllo, line a large baking sheet with parchment paper; coat paper with cooking spray.
- ☐ Place 1 phyllo sheet on paper (cover remaining dough to keep from drying); lightly brush with 1/2 teaspoon oil.
- ☐ Sprinkle with 1 teaspoon powdered sugar. Repeat layers five more times with remaining 5 phyllo sheets, remaining 2 1/2 teaspoons oil, and remaining 5 teaspoons powdered sugar.
- ☐ Cut phyllo stack lengthwise into 3 equal strips; make 5 crosswise cuts to form 18 pieces.
- ☐ Coat another sheet of parchment paper with cooking spray; cover phyllo stack with paper, coated side down.
- ☐ Place another baking sheet on top of phyllo stack to weigh it down.
- ☐ Bake at 350 for 15 minutes or until golden brown and crisp. Carefully remove top baking sheet and top piece of parchment. Cool phyllo pieces on a wire rack.

- ☐ To prepare figs, combine port, figs, and cinnamon stick in a saucepan over medium-high heat; bring to a boil.
- ☐ Remove from heat; cover and let stand 10 minutes.
- ☐ Remove figs with a slotted spoon; set aside. Discard cinnamon stick. Bring port to a boil over medium-high heat, and cook until reduced to about 2 tablespoons (about 2 minutes).
- ☐ Remove from heat; stir in reserved figs, 1 tablespoon oil, and salt. Cool to room temperature.
- ☐ To prepare cream, combine cream cheese, juice, and honey in a small bowl; beat with a mixer at low speed 30 seconds or until smooth. Cover and chill 30 minutes.
- ☐ Place 1 phyllo piece on each of 6 dessert plates. Top each serving with about 2 teaspoons cream and about 1 tablespoon fig mixture. Repeat the layers once, and top each serving with 1 phyllo piece.
- ☐ Sprinkle evenly with 1 tablespoon powdered sugar.
- ☐ Serve immediately.
- ☐ Wine note: You'll need some port to prepare this recipe, so make it a bottle you can enjoy right alongside this richly layered and wonderfully textured dessert. A tawny port, like Dow's 10 Years Tawny (\$31), provides ample sweetness. And wood aging imparts tawnies with nutty, dried fruit, and treacle flavors that echo those found in the dessert. --Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:32.21, Glycemic Load:9.58, Inflammation Score:-2, Nutrition Score:4.7391304192336%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 205.01kcal (10.25%), Fat: 6.05g (9.3%), Saturated Fat: 0.74g (4.64%), Carbohydrates: 33.79g (11.26%), Net Carbohydrates: 30.75g (11.18%), Sugar: 18.93g (21.03%), Cholesterol: 0mg (0%), Sodium: 101.76mg (4.42%), Alcohol: 2.12g (100%), Alcohol %: 3.3% (100%), Protein: 2.23g (4.46%), Manganese: 0.34mg (17.24%), Fiber: 3.04g (12.16%), Vitamin B1: 0.13mg (8.63%), Iron: 1.27mg (7.03%), Selenium: 4.69µg (6.7%), Potassium: 218.41mg (6.24%), Magnesium: 22.61mg (5.65%), Vitamin B2: 0.09mg (5.57%), Folate: 20.89µg (5.22%), Vitamin B3: 1mg (5.01%), Vitamin K: 5.19µg (4.94%), Calcium: 49.29mg (4.93%), Copper: 0.1mg (4.81%), Vitamin C: 3.16mg (3.83%), Phosphorus: 36.41mg (3.64%), Vitamin B6: 0.05mg (2.33%), Zinc: 0.3mg (2.01%), Vitamin B5: 0.18mg (1.83%)