



Red Wine-Poached Fig and Ricotta Tarts

READY IN



45 min.

SERVINGS



8

CALORIES



400 kcal

DESSERT

Ingredients

- ☐ 0.8 pound figs fresh halved
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup orange juice fresh
- ☐ 0.8 cup part-skim ricotta cheese
- ☐ 15 ounce pie dough refrigerated (such as Pillsbury)
- ☐ 0.5 cup sugar
- ☐ 1 cup water
- ☐ 1 cup red wine dry red fruity

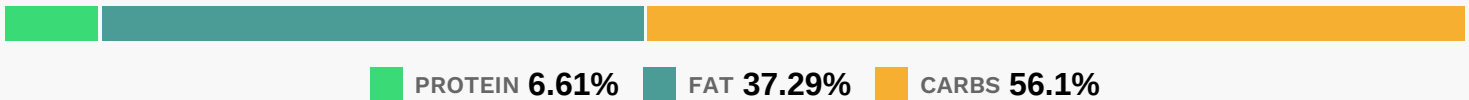
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ slotted spoon
- ☐ tart form

Directions

- ☐ Combine first 5 ingredients in a large saucepan; bring to a boil.
- ☐ Add figs. Reduce heat; simmer 2 minutes.
- ☐ Remove figs with a slotted spoon, and place in a shallow dish. Cover and chill. Bring the cooking liquid to a boil, and cook for 15 minutes or until reduced to 1/2 cup. Cover and chill.
- ☐ Preheat oven to 45
- ☐ Roll dough into a 12-inch circle on a lightly floured surface; cut dough into 8 (4-inch) circles, rerolling dough scraps as necessary. Fit each dough circle into a 3 1/2-inch tart pan.
- ☐ Bake at 450 for 7 minutes or until lightly browned. Cool completely on a wire rack.
- ☐ Combine ricotta and honey.
- ☐ Spread about 1 1/2 tablespoons ricotta mixture into each tart shell. Arrange 3 fig halves, cut sides up, inside each shell.
- ☐ Drizzle each tart with 1 tablespoon of the wine mixture.
- ☐ Garnish with mint, if desired.

Nutrition Facts



Properties

Glycemic Index:29.42, Glycemic Load:15.62, Inflammation Score:-4, Nutrition Score:6.5700000796629%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 400.42kcal (20.02%), Fat: 15.88g (24.44%), Saturated Fat: 5.51g (34.44%), Carbohydrates: 53.76g (17.92%), Net Carbohydrates: 51.17g (18.61%), Sugar: 24.49g (27.21%), Cholesterol: 7.21mg (2.4%), Sodium: 248.8mg (10.82%), Alcohol: 3.27g (100%), Alcohol %: 2.02% (100%), Protein: 6.34g (12.68%), Manganese: 0.3mg (14.89%), Vitamin B1: 0.18mg (12.27%), Folate: 45.59µg (11.4%), Fiber: 2.59g (10.37%), Selenium: 7.12µg (10.18%), Vitamin B2: 0.16mg (9.51%), Iron: 1.69mg (9.37%), Calcium: 90.52mg (9.05%), Phosphorus: 88.45mg (8.85%), Vitamin B3: 1.66mg (8.31%), Vitamin C: 5.48mg (6.64%), Vitamin K: 6.05µg (5.76%), Potassium: 199.69mg (5.71%), Magnesium: 20.06mg (5.01%), Copper: 0.09mg (4.44%), Zinc: 0.64mg (4.23%), Vitamin B6: 0.08mg (4.23%), Vitamin B5: 0.42mg (4.2%), Vitamin A: 165.81IU (3.32%), Vitamin E: 0.31mg (2.09%), Vitamin B12: 0.07µg (1.12%)