



Ripe Figs in Spiced Red Wine Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



306 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 purple figs very ripe
- ☐ 1 cup granulated sugar
- ☐ 5 juniper berries whole
- ☐ 3 cup red wine
- ☐ 3 star anise whole

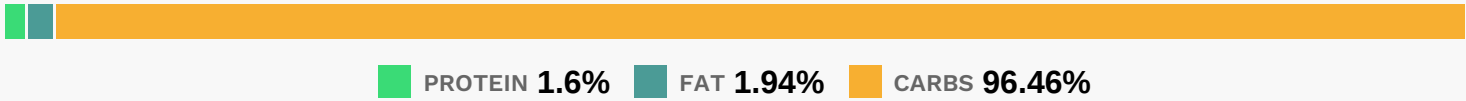
Equipment

- ☐ sauce pan

Directions

- ☐
- Add the wine sugar and spices to a medium saucepan set over medium high heat. Once it begins to bubble lower the heat to a simmer and reduce the mixture by half to a syrupy consistency. In the meantime slit an x into the tops of the smaller figs. You may cut the bigger ones in halves or quarters. Your goal is so that they are all about the same bite-sized chunks. Once the liquid has reduced to your liking remove from heat and add the prepared figs.
- ☐
- Let them cool to room temperature in the liquid before before serving. You may also cool them completely and store covered and refrigerated up to 3 days in the refrigerator. In which case let them come to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:25.18, Glycemic Load:33.69, Inflammation Score:-5, Nutrition Score:4.713913075302%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg Catechin: 10.16mg, Catechin: 10.16mg, Catechin: 10.16mg, Catechin: 10.16mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 5.05mg, Epicatechin: 5.05mg, Epicatechin: 5.05mg, Epicatechin: 5.05mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 6.72mg, Quercetin: 6.72mg, Quercetin: 6.72mg, Quercetin: 6.72mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 306.26kcal (15.31%), Fat: 0.5g (0.77%), Saturated Fat: 0.06g (0.39%), Carbohydrates: 55.81g (18.6%), Net Carbohydrates: 52.84g (19.21%), Sugar: 50.31g (55.9%), Cholesterol: 0mg (0%), Sodium: 6.21mg (0.27%), Alcohol:

12.72g (100%), Alcohol %: 6.35% (100%), Protein: 0.93g (1.85%), Manganese: 0.3mg (14.96%), Fiber: 2.97g (11.89%), Potassium: 392.27mg (11.21%), Vitamin B6: 0.18mg (9.23%), Magnesium: 32.25mg (8.06%), Iron: 1.12mg (6.24%), Vitamin B2: 0.09mg (5.59%), Vitamin K: 5.18µg (4.93%), Calcium: 48.16mg (4.82%), Vitamin B1: 0.07mg (4.51%), Copper: 0.09mg (4.5%), Phosphorus: 43.8mg (4.38%), Vitamin B3: 0.68mg (3.42%), Vitamin B5: 0.34mg (3.4%), Vitamin A: 145.96IU (2.92%), Vitamin C: 2.11mg (2.55%), Zinc: 0.35mg (2.32%), Folate: 7.25µg (1.81%)