



## Roasted Fig Cocktail

 Vegetarian  Vegan  Dairy Free

READY IN



40 min.

SERVINGS



1

CALORIES



627 kcal

BEVERAGE

DRINK

### Ingredients

- 0.3 cup balsamic vinegar
- 1.5 ounce bourbon
- 1 teaspoon figs
- 12 figs ripe halved
- 0.3 ounce juice of lemon freshly squeezed
- 0.3 ounce maple syrup
- 1 Dash orange bitters

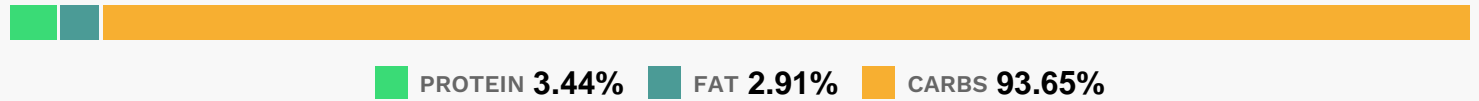
### Equipment

- oven
- blender
- baking pan

## Directions

- To make the fig purée: Preheat your oven to 350°F.
- Place the figs in a 9"x9" metal baking pan and pour the balsamic vinegar over top.
- Bake for 12 minutes, stirring twice to prevent burning.
- Remove the figs from the oven and let cool slightly, about 10 minutes.
- Pour the figs and remaining liquid into the blender and purée until fully blended. Store in an air-tight container in the refrigerator for up to 1 week.
- To make the cocktail: Fill cocktail shaker with ice.
- Add fig purée, bourbon, lemon juice, maple syrup, and orange bitters. Shake for 15 seconds, then strain into a cocktail glass.

## Nutrition Facts



## Properties

Glycemic Index:223.5, Glycemic Load:67.32, Inflammation Score:-8, Nutrition Score:20.067826343619%

## Flavonoids

Cyanidin: 3.02mg, Cyanidin: 3.02mg, Cyanidin: 3.02mg, Cyanidin: 3.02mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Catechin: 9.62mg, Catechin: 9.62mg, Catechin: 9.62mg, Catechin: 9.62mg Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 33.12mg, Quercetin: 33.12mg, Quercetin: 33.12mg, Quercetin: 33.12mg

## Nutrients (% of daily need)

Calories: 627.43kcal (31.37%), Fat: 1.83g (2.82%), Saturated Fat: 0.37g (2.29%), Carbohydrates: 132.73g (44.24%), Net Carbohydrates: 115.16g (41.88%), Sugar: 112.69g (125.21%), Cholesterol: 0mg (0%), Sodium: 21.85mg (0.95%), Alcohol: 14.65g (100%), Alcohol %: 2.56% (100%), Protein: 4.87g (9.75%), Fiber: 17.56g (70.26%), Manganese: 1.03mg (51.47%), Potassium: 1498.93mg (42.83%), Vitamin B6: 0.69mg (34.36%), Magnesium: 112.4mg (28.1%),

Vitamin K: 28.43µg (27.08%), Vitamin B1: 0.37mg (24.79%), Calcium: 237.09mg (23.71%), Vitamin B2: 0.4mg (23.25%), Copper: 0.45mg (22.5%), Vitamin B5: 1.82mg (18.24%), Vitamin C: 14.84mg (17.99%), Vitamin A: 859.42IU (17.19%), Iron: 2.73mg (15.15%), Vitamin B3: 2.44mg (12.19%), Phosphorus: 99.07mg (9.91%), Folate: 37.71µg (9.43%), Zinc: 1.03mg (6.86%), Vitamin E: 0.68mg (4.51%), Selenium: 1.22µg (1.74%)