



Sambuca Poached Figs with Ricotta and Pine Nuts



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



259 kcal

SIDE DISH

Ingredients

- ☐ 12 firm-ripe purple figs fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup pinenuts
- ☐ 0.8 cup whole-milk ricotta fresh (preferably)
- ☐ 2 tablespoons sugar
- ☐ 0.8 cup sambuca
- ☐ 0.8 cup sambuca

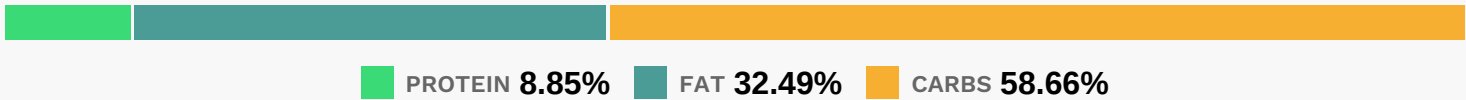
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Heat oil in a small skillet over moderately high heat until hot but not smoking, then cook pine nuts, stirring, until golden, about 2 minutes.
- ☐ Transfer to paper towels and season with salt.
- ☐ Simmer Sambuca with sugar in a saucepan (pan should be just large enough to hold figs upright), stirring until sugar is dissolved.
- ☐ Cut a very thin slice from bottom of each fig and stand figs in liquid in saucepan (figs will not be covered by liquid).
- ☐ Poach figs at a bare simmer, covered, 5 minutes. Cool slightly in liquid.
- ☐ Season ricotta with salt and pepper. Divide figs among 4 plates alongside mounds of ricotta and drizzle figs with some of poaching liquid, then sprinkle with pine nuts and serve.

Nutrition Facts



Properties

Glycemic Index:32.77, Glycemic Load:19.1, Inflammation Score:-4, Nutrition Score:8.5395652755447%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg

Nutrients (% of daily need)

Calories: 258.72kcal (12.94%), Fat: 9.74g (14.99%), Saturated Fat: 0.99g (6.17%), Carbohydrates: 39.57g (13.19%), Net Carbohydrates: 34.91g (12.69%), Sugar: 32.22g (35.8%), Cholesterol: 7.38mg (2.46%), Sodium: 50.23mg (2.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.97g (11.94%), Manganese: 0.93mg (46.75%), Fiber:

4.66g (18.65%), Vitamin K: 13.7µg (13.05%), Calcium: 127.75mg (12.77%), Magnesium: 46.68mg (11.67%), Potassium: 398.53mg (11.39%), Copper: 0.22mg (10.84%), Vitamin E: 1.46mg (9.71%), Vitamin B6: 0.18mg (8.87%), Vitamin B1: 0.12mg (8.05%), Phosphorus: 69.52mg (6.95%), Iron: 1.04mg (5.8%), Vitamin B2: 0.1mg (5.61%), Zinc: 0.77mg (5.13%), Vitamin B3: 0.97mg (4.85%), Vitamin B5: 0.48mg (4.76%), Vitamin A: 215.45IU (4.31%), Vitamin C: 3.07mg (3.72%), Folate: 11.87µg (2.97%)