



## Seared Figs and White Peaches with Balsamic Reduction

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



123 kcal

SIDE DISH

### Ingredients

- 0.3 cup balsamic vinegar
- 1 teaspoon peppercorns black
- 2 teaspoons butter divided
- 0.3 cup crème fraîche
- 1 pound figs black firm ripe halved lengthwise
- 2 teaspoons thyme sprigs fresh divided chopped
- 1.8 pounds peaches white firm pitted ripe halved

- 0.1 teaspoon salt

## Equipment

- frying pan
- ziploc bags
- rolling pin
- meat tenderizer

## Directions

- Cook peppercorns in a small skillet over medium heat 6 minutes or until fragrant and toasted. Cool.
- Place peppercorns in a heavy-duty zip-top plastic bag; seal. Crush peppercorns with a meat mallet or rolling pin; set aside.
- Melt 1 teaspoon butter in a large skillet over medium-high heat; stir in 1 teaspoon thyme.
- Add peaches, cut sides down, to pan. Cook 2 minutes or until browned.
- Remove from pan.
- Place 1 peach half, cut sides up, on each of 8 plates. Melt remaining 1 teaspoon butter in pan; stir in remaining 1 teaspoon thyme.
- Add figs, cut sides down, to pan; cook 2 minutes or until browned.
- Place two fig halves on each plate.
- Add vinegar to pan; cook over medium-low heat until reduced to 3 tablespoons (about 3 minutes). Cool slightly. Spoon about 2 teaspoons crme frache into the center of each peach half; drizzle about 1 teaspoon vinegar mixture over each serving.
- Sprinkle each serving with about 1/8 teaspoon pepper.
- Sprinkle evenly with salt.

## Nutrition Facts



## Properties

Glycemic Index:34.78, Glycemic Load:10.07, Inflammation Score:-7, Nutrition Score:5.1682608801386%

## Flavonoids

Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 5.78mg, Catechin: 5.78mg, Catechin: 5.78mg, Catechin: 5.78mg Epigallocatechin: 1.03mg, Epigallocatechin: 1.03mg, Epigallocatechin: 1.03mg, Epigallocatechin: 1.03mg Epicatechin: 2.61mg, Epicatechin: 2.61mg, Epicatechin: 2.61mg, Epicatechin: 2.61mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

## Nutrients (% of daily need)

Calories: 122.8kcal (6.14%), Fat: 3.34g (5.13%), Saturated Fat: 1.67g (10.46%), Carbohydrates: 23.64g (7.88%), Net Carbohydrates: 20.29g (7.38%), Sugar: 19.49g (21.65%), Cholesterol: 8.34mg (2.78%), Sodium: 63.41mg (2.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.42%), Fiber: 3.34g (13.37%), Manganese: 0.23mg (11.35%), Vitamin A: 521.69IU (10.43%), Potassium: 287.14mg (8.2%), Vitamin C: 6.09mg (7.38%), Copper: 0.13mg (6.58%), Vitamin K: 6.77µg (6.45%), Vitamin E: 0.86mg (5.72%), Magnesium: 21.58mg (5.39%), Vitamin B3: 1.05mg (5.26%), Vitamin B6: 0.1mg (4.81%), Vitamin B2: 0.08mg (4.65%), Iron: 0.77mg (4.29%), Calcium: 41.15mg (4.11%), Phosphorus: 40.77mg (4.08%), Vitamin B1: 0.06mg (4.04%), Selenium: 2.59µg (3.7%), Vitamin B5: 0.37mg (3.65%), Folate: 10.29µg (2.57%), Zinc: 0.37mg (2.47%)