



Sherry-Baked Winter Fruit

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



193 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups apple cider
- 1 stick cinnamon (3-inch)
- 5 oz apples dried
- 7 oz apricots dried
- 0.7 cup cooking sherry dry
- 0.5 cup golden raisins
- 2 navel oranges peeled
- 1 slices garnish: orange

10 oz mission figlets dried trimmed halved

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Equipment

oven

baking pan

aluminum foil

slotted spoon

Directions

Place first 8 ingredients in an 11- x 7-inch baking dish; gently toss to combine. Cover with aluminum foil, and chill 12 to 24 hours.

Preheat oven to 35

Bake fruit, covered, 45 to 50 minutes or until thoroughly heated and fruit is soft.

Let stand, covered, 15 minutes.

Remove and discard cinnamon stick.

Serve with a slotted spoon and, if desired, Brown Sugar-Lemon Sour Cream.

Garnish, if desired.

Port-

Baked Winter Fruit: Substitute port for sherry. Proceed with recipe as directed.

Simple

Baked Winter Fruit: Substitute 1 (12-oz.) can thawed apple juice concentrate and 1 cup water for apple cider and sherry. Proceed with recipe as directed.

Tropical Plum Sherry-

Baked Winter Fruit: Substitute 1 (10-oz.) package dried pitted plums, 1 (6-oz.) package dried pineapple, and 1 (5-oz.) package dried mango, chopped, for figlets, apricots, and apples. Proceed with recipe as directed.

Nutrition Facts



■ PROTEIN 3.54% ■ FAT 1.66% ■ CARBS 94.8%

Properties

Glycemic Index:27.79, Glycemic Load:14.22, Inflammation Score:-7, Nutrition Score:7.3626087385675%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epicatechin: 2.89mg, Epicatechin: 2.89mg, Epicatechin: 2.89mg, Epicatechin: 2.89mg Hesperetin: 8.21mg, Hesperetin: 8.21mg, Hesperetin: 8.21mg, Hesperetin: 8.21mg Naringenin: 2.83mg, Naringenin: 2.83mg, Naringenin: 2.83mg, Naringenin: 2.83mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 192.8kcal (9.64%), Fat: 0.36g (0.56%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 46.55g (15.52%), Net Carbohydrates: 41.67g (15.15%), Sugar: 37.76g (41.96%), Cholesterol: 0mg (0%), Sodium: 22.74mg (0.99%), Alcohol: 2.06g (100%), Alcohol %: 1.56% (100%), Protein: 1.74g (3.48%), Vitamin C: 23.39mg (28.35%), Vitamin A: 986.27IU (19.73%), Fiber: 4.88g (19.51%), Potassium: 572.03mg (16.34%), Manganese: 0.26mg (12.81%), Copper: 0.18mg (8.78%), Vitamin E: 1.25mg (8.34%), Iron: 1.28mg (7.1%), Vitamin B6: 0.14mg (6.85%), Magnesium: 23.18mg (5.8%), Vitamin B3: 1.13mg (5.67%), Vitamin B2: 0.1mg (5.62%), Phosphorus: 51.07mg (5.11%), Calcium: 47.58mg (4.76%), Folate: 15.4µg (3.85%), Vitamin B5: 0.32mg (3.19%), Vitamin B1: 0.04mg (2.88%), Vitamin K: 1.83µg (1.75%), Zinc: 0.23mg (1.56%), Selenium: 0.94µg (1.34%)