



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 apricot dried
- ☐ 0.7 cup sherry dry
- ☐ 0.5 cup golden raisins
- ☐ 2 navel oranges peeled
- ☐ 1 slices cranberry-orange relish

- ☐ 10 oz frangelico 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 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%)