



## Spiced Fig-and-Zinfandel Compote

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



136 kcal

SAUCE

### Ingredients

- 0.5 cup apricots dried diced
- 1 bay leaf
- 0.3 teaspoon peppercorns black
- 1 stick cinnamon (1/2-inch)
- 1 teaspoon coriander seeds
- 0.3 teaspoon cumin seeds
- 1 teaspoon fennel seeds
- 0.8 cup mission figs dried diced

- 3 tablespoons honey
- 1 tablespoon juice of lemon fresh
- 0.3 cup raisins
- 0.3 teaspoon salt
- 1.5 cups zinfandel wine

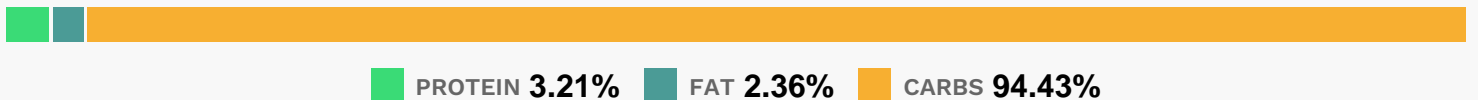
## Equipment

- frying pan
- sauce pan

## Directions

- Combine first 5 ingredients in a nonaluminum saucepan, and let stand 30 minutes.
- Place a small skillet over medium-high heat until hot; add coriander seeds and next 5 ingredients, and cook, stirring constantly, until spices are toasted.
- Transfer spices to a clean coffee grinder and grind until fine. Set aside 1 tablespoon spice mixture. Reserve remaining ground spices for other uses.
- Bring fruit mixture to a boil. Reduce heat, and simmer, uncovered, 35 minutes or until thickened.
- Add lemon juice, honey, salt, and 1 tablespoon reserved ground spice mixture to fruit mixture; cool.
- Note: We prefer toasted and freshly ground whole spices, but you can substitute prepared ground spices in the following proportions: 3/4 teaspoon coriander, 3/4 teaspoon fennel, 1/2 teaspoon cumin, 1/4 teaspoon black pepper, 1/8 teaspoon clove, and 1/2 teaspoon cinnamon.

## Nutrition Facts



## Properties

Glycemic Index:37.5, Glycemic Load:11.25, Inflammation Score:-4, Nutrition Score:3.6713043425394%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

## **Nutrients (% of daily need)**

Calories: 135.87kcal (6.79%), Fat: 0.29g (0.44%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 25.91g (8.64%), Net Carbohydrates: 23.46g (8.53%), Sugar: 16.95g (18.84%), Cholesterol: 0mg (0%), Sodium: 89.68mg (3.9%), Alcohol: 5.35g (100%), Alcohol %: 6.42% (100%), Protein: 0.88g (1.76%), Manganese: 0.28mg (13.96%), Fiber: 2.46g (9.83%), Potassium: 295.36mg (8.44%), Vitamin A: 375.29IU (7.51%), Iron: 0.96mg (5.33%), Magnesium: 18.21mg (4.55%), Vitamin B6: 0.09mg (4.45%), Copper: 0.09mg (4.4%), Calcium: 32.68mg (3.27%), Vitamin E: 0.45mg (2.99%), Phosphorus: 29.64mg (2.96%), Vitamin B2: 0.05mg (2.96%), Vitamin B3: 0.55mg (2.76%), Vitamin C: 2mg (2.42%), Vitamin B1: 0.03mg (2%), Vitamin K: 1.9µg (1.81%), Vitamin B5: 0.16mg (1.59%), Zinc: 0.21mg (1.42%)