



Spiced Fig Preserves



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



3

CALORIES



459 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 6 allspice
- ☐ 2 cinnamon sticks
- ☐ 0.8 cup t brown sugar dark to taste ()
- ☐ 2 lbs figs fresh trimmed cut into small pieces
- ☐ 1 small knob ginger fresh peeled
- ☐ 3 servings sauce
- ☐ 0.5 cup orange juice

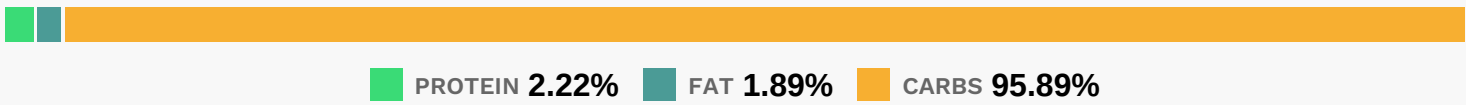
Equipment

- ☐ pot
- ☐ cheesecloth
- ☐ kitchen twine

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Spiced Fig Preserves
- ☐ Ingredients2 lbs fresh figs, trimmed and cut into small pieces3/4 cup dark brown sugar (or more to taste)1/2 cup orange juice6 allspice berries2 cinnamon sticks2 cloves1 small knob of fresh ginger, peeled
- ☐ You will also need
- ☐ Large sauce pot, cheesecloth, twine
- ☐ Prep Time: 15 Minutes
- ☐ Cook Time: 15 – 20 Minutes
- ☐ Total Time: 30 – 35 Minutes
- ☐ Servings: 3 1/2 cups fig preserves
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:49.33, Glycemic Load:32.31, Inflammation Score:-6, Nutrition Score:13.257391349129%

Flavonoids

Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 4.81mg, Catechin: 4.81mg, Catechin: 4.81mg, Catechin: 4.81mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.64mg,

Quercetin: 16.64mg, Quercetin: 16.64mg, Quercetin: 16.64mg

Nutrients (% of daily need)

Calories: 459.15kcal (22.96%), Fat: 1.04g (1.6%), Saturated Fat: 0.21g (1.28%), Carbohydrates: 118.68g (39.56%), Net Carbohydrates: 108.54g (39.47%), Sugar: 106.4g (118.22%), Cholesterol: 0mg (0%), Sodium: 31.27mg (1.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.49%), Manganese: 0.84mg (42.11%), Fiber: 10.14g (40.56%), Vitamin C: 26.9mg (32.6%), Potassium: 870.9mg (24.88%), Vitamin B6: 0.39mg (19.27%), Calcium: 180.79mg (18.08%), Magnesium: 62.72mg (15.68%), Vitamin B1: 0.22mg (14.63%), Vitamin K: 14.98µg (14.27%), Copper: 0.27mg (13.27%), Vitamin B5: 1.07mg (10.67%), Vitamin A: 520.03IU (10.4%), Iron: 1.8mg (10.01%), Vitamin B2: 0.16mg (9.69%), Folate: 31.34µg (7.84%), Vitamin B3: 1.47mg (7.37%), Phosphorus: 53.39mg (5.34%), Zinc: 0.54mg (3.58%), Vitamin E: 0.4mg (2.69%), Selenium: 1.39µg (1.98%)