



## Syllabub with Rosemary-Glazed Figs

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



358 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 4 ounces figs fresh stemmed quartered ( 4 large)
- ☐ 1 cup cup heavy whipping cream cold
- ☐ 1 pinch kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 of lemon zest
- ☐ 6 inch rosemary
- ☐ 0.5 cup cooking sherry
- ☐ 0.5 cup sugar

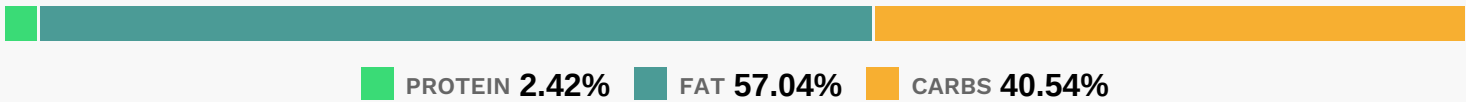
# Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

# Directions

- ☐ Make the syllabub: Put all syllabub ingredients except for the cream into a large bowl, and whisk until the sugar has dissolved, about a minute.
- ☐ Let stand in the fridge, about 1 hour.
- ☐ Heat the sugar and 1/4 cup of water in a small saucepan over medium heat, stirring until the sugar dissolves.
- ☐ Add the rosemary and the salt, stir for about 30 seconds to dissolve the salt and bruise the rosemary, and turn off the heat. Cover and let cool to room temperature, about 20 minutes.
- ☐ Put the figs in a small bowl, drizzle 2 to 3 tablespoons of the rosemary syrup over them, and toss gently to coat. (If the figs are less than ripe, let them stand in the syrup for 30 minutes to sweeten.) Reserve the remaining syrup for another use, such as sweetening lemonade.
- ☐ Remove the lemon peel from the wine mixture.
- ☐ Pour the cream into the wine and whisk by hand until the cream is thick and holds its shape, about 2 minutes. Divide the syllabub among four wine glasses or sundae cups and spoon the rosemary-glazed figs over each serving.

# Nutrition Facts



# Properties

Glycemic Index:54.02, Glycemic Load:20.96, Inflammation Score:-8, Nutrition Score:5.5239130725031%

# Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg

0.66mg, Hesperetin: 0.66mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg  
Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 357.68kcal (17.88%), Fat: 22.23g (34.21%), Saturated Fat: 13.98g (87.4%), Carbohydrates: 35.55g (11.85%),  
Net Carbohydrates: 33.07g (12.03%), Sugar: 31.7g (35.22%), Cholesterol: 67.24mg (22.41%), Sodium: 29.75mg  
(1.29%), Alcohol: 3.09g (100%), Alcohol %: 2.6% (100%), Protein: 2.13g (4.25%), Vitamin A: 1034.43IU (20.69%),  
Calcium: 101.48mg (10.15%), Fiber: 2.48g (9.93%), Vitamin B2: 0.15mg (8.96%), Iron: 1.38mg (7.65%), Manganese:  
0.14mg (7.23%), Vitamin B6: 0.14mg (6.82%), Vitamin D: 0.95µg (6.35%), Vitamin C: 5.03mg (6.1%), Potassium:  
184.75mg (5.28%), Magnesium: 20.63mg (5.16%), Phosphorus: 46.88mg (4.69%), Folate: 16.86µg (4.22%), Vitamin  
E: 0.58mg (3.9%), Vitamin B1: 0.05mg (3.4%), Vitamin K: 3.36µg (3.2%), Selenium: 2.2µg (3.15%), Vitamin B5:  
0.26mg (2.56%), Copper: 0.05mg (2.56%), Zinc: 0.35mg (2.33%), Vitamin B12: 0.1µg (1.59%), Vitamin B3: 0.23mg  
(1.13%)