



Vanilla Port Poached Figs with Honey Cream



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



447 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 2 cinnamon sticks
- ☐ 12 figs fresh
- ☐ 4 servings mint leaves fresh
- ☐ 0.5 cup heavy whipping cream
- ☐ 1 tablespoon honey
- ☐ 1 lemon zest
- ☐ 1 orange zest

- ☐ 2 peppercorns
- ☐ 1.5 cups port
- ☐ 1 pinch salt
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 2 teaspoons vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ hand mixer

Directions

- ☐ Trim a small piece from the bottom of each fig so they stand up straight.
- ☐ Remove stems, and score a 1/4 inch "X" into the top of each fig. Set aside.
- ☐ In a bowl, beat whipping cream together with sour cream until stiff peaks form. (This can be done either by hand, or with an electric mixer.) Gently fold in 1/4 cup of honey and a pinch of salt. Cover, and refrigerate.
- ☐ Pour port into a small saucepan over medium high heat.
- ☐ Add cinnamon sticks, peppercorns, cloves, 1 tablespoon honey, vanilla extract, balsamic vinegar, and lemon and orange zests. Stir to dissolve honey and blend flavors. Bring mixture to a boil, reduce heat, and simmer for up to 30 minutes, or as time allows, being careful not to reduce liquid too much.
- ☐ Place figs upright in pan, cover, and cook for 5 minutes.
- ☐ To serve, place a spoonful of honey cream in the center of each plate. Arrange 3 figs around the cream, and drizzle with a small amount of poaching liquid. Tuck a sprig of mint into the slit on the top of each fig.
- ☐ Serve immediately.

Nutrition Facts



 **PROTEIN 3.33%**  **FAT 41.1%**  **CARBS 55.57%**

Properties

Glycemic Index:50.07, Glycemic Load:17.54, Inflammation Score:-8, Nutrition Score:9.4560869569364%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Petunidin: 5.97mg, Petunidin: 5.97mg, Petunidin: 5.97mg, Petunidin: 5.97mg Delphinidin: 3.51mg, Delphinidin: 3.51mg, Delphinidin: 3.51mg, Delphinidin: 3.51mg Malvidin: 85.35mg, Malvidin: 85.35mg, Malvidin: 85.35mg, Malvidin: 85.35mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 3.54mg, Peonidin: 3.54mg, Peonidin: 3.54mg, Peonidin: 3.54mg Catechin: 11.26mg, Catechin: 11.26mg, Catechin: 11.26mg, Catechin: 11.26mg Epicatechin: 7.55mg, Epicatechin: 7.55mg, Epicatechin: 7.55mg, Epicatechin: 7.55mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 9.95mg, Quercetin: 9.95mg, Quercetin: 9.95mg, Quercetin: 9.95mg

Nutrients (% of daily need)

Calories: 447.08kcal (22.35%), Fat: 16.81g (25.86%), Saturated Fat: 9.85g (61.54%), Carbohydrates: 51.15g (17.05%), Net Carbohydrates: 45.29g (16.47%), Sugar: 38.56g (42.85%), Cholesterol: 50.58mg (16.86%), Sodium: 38.22mg (1.66%), Alcohol: 14.46g (100%), Alcohol %: 5.78% (100%), Protein: 3.07g (6.14%), Manganese: 0.64mg (32.02%), Fiber: 5.86g (23.44%), Vitamin A: 890.7IU (17.81%), Potassium: 527.83mg (15.08%), Calcium: 137.02mg (13.7%), Vitamin B2: 0.21mg (12.16%), Vitamin C: 9.86mg (11.96%), Magnesium: 42.2mg (10.55%), Vitamin B6: 0.21mg (10.28%), Vitamin K: 9.06µg (8.63%), Copper: 0.17mg (8.62%), Vitamin B1: 0.12mg (8.26%), Phosphorus: 72.03mg (7.2%), Vitamin B5: 0.69mg (6.85%), Iron: 1.11mg (6.17%), Vitamin B3: 0.93mg (4.63%), Selenium: 2.85µg (4.06%), Vitamin E: 0.6mg (4%), Folate: 14.37µg (3.59%), Zinc: 0.53mg (3.51%), Vitamin D: 0.48µg (3.17%), Vitamin B12: 0.11µg (1.8%)