



Wine-Poached Apricots



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cardamom pods
- ☐ 1 cup apricots dried (preferably California)
- ☐ 1 tablespoon honey
- ☐ 1 lemon zest
- ☐ 0.5 cup muscat wine (Moscato)
- ☐ 7 tablespoons sugar
- ☐ 0.5 vanilla pod split

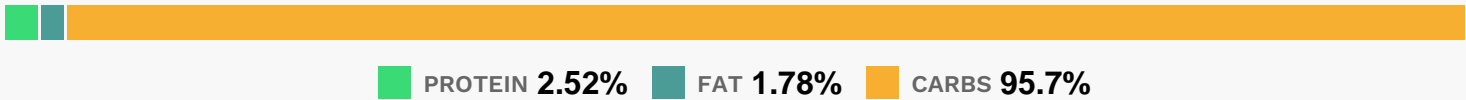
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ knife

Directions

- ☐ Put wine, 1/2 cup water, sugar, honey, and cardamom pods in a small saucepan. With a small knife, scrape seeds from vanilla bean and add to pan with pod and lemon zest. Bring to a boil over high heat, add apricots, reduce heat, and simmer until apricots just begin to soften, about 5 minutes.
- ☐ Let cool in syrup.
- ☐ Strain apricots before using, discarding cardamom pods, vanilla pod, and zest; save syrup for cake icing and to drizzle over ice cream or yogurt.
- ☐ Make ahead: Up to 3 days, chilled in syrup.

Nutrition Facts



Properties

Glycemic Index:10.72, Glycemic Load:6.12, Inflammation Score:-2, Nutrition Score:1.3021739151167%

Nutrients (% of daily need)

Calories: 54.58kcal (2.73%), Fat: 0.11g (0.16%), Saturated Fat: 0g (0.02%), Carbohydrates: 12.86g (4.29%), Net Carbohydrates: 12.1g (4.4%), Sugar: 11.38g (12.65%), Cholesterol: 0mg (0%), Sodium: 1.05mg (0.05%), Alcohol: 0.69g (100%), Alcohol %: 3.61% (100%), Protein: 0.34g (0.68%), Vitamin A: 312.55IU (6.25%), Manganese: 0.1mg (4.82%), Fiber: 0.75g (3.01%), Potassium: 105mg (3%), Vitamin E: 0.38mg (2.51%), Copper: 0.03mg (1.6%), Iron: 0.28mg (1.55%), Vitamin B3: 0.23mg (1.15%)