



Zinfandel-Poached Figs



Vegetarian



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



25

CALORIES



29 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup apricots dried chopped
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.3 cup honey
- ☐ 1 pinch salt and pepper
- ☐ 0.5 vanilla pod split
- ☐ 1 cup red zinfandel wine
- ☐ 1 cup mission figlets dried halved
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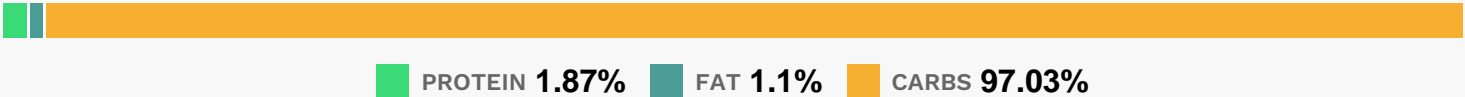
Equipment

☐ sauce pan

Directions

- ☐ Combine figlets, wine, apricots, and remaining 4 ingredients in a small saucepan.
- ☐ Bring fig mixture to a boil over medium-high heat; reduce heat to medium-low, and simmer, stirring occasionally, 10 to 12 minutes or until mixture is slightly thickened.
- ☐ Scrape seeds from vanilla bean into fig mixture; discard vanilla bean. Cool 1 hour.
- ☐ Serve immediately, or cover and chill until ready to serve.
- ☐ *1 cup cranberry-grape juice cocktail and 2 tsp. apple cider vinegar may be substituted.
- ☐ **1/2 tsp. vanilla extract may be substituted. (Stir extract into figs after removing saucepan from heat.)
- ☐ Note: Store in an airtight container in refrigerator up to 2 weeks. If chilled, let stand at room temperature 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:3.63, Glycemic Load:2.42, Inflammation Score:-1, Nutrition Score:0.35130434750539%

Nutrients (% of daily need)

Calories: 28.57kcal (1.43%), Fat: 0.03g (0.04%), Saturated Fat: 0g (0%), Carbohydrates: 5.66g (1.89%), Net Carbohydrates: 5.45g (1.98%), Sugar: 5.1g (5.67%), Cholesterol: 0mg (0%), Sodium: 1.99mg (0.09%), Alcohol: 1.05g (100%), Alcohol %: 7.96% (100%), Protein: 0.11g (0.22%), Vitamin A: 93.73IU (1.87%)