



Zurie's Fresh Fig Compote Over Cream Cheese



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



214 kcal

SAUCE

Ingredients

- ☐ 0.7 cup brown sugar
- ☐ 8 ounce cream cheese
- ☐ 2 cups figs fresh stemmed quartered
- ☐ 1 pinch salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup water

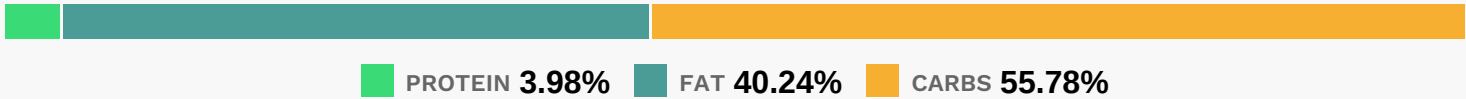
Equipment

☐ sauce pan

Directions

- ☐ Heat a saucepan over medium heat; add brown sugar, water, salt, and figs. Cook and stir until sugar has dissolved and figs have softened, about 10 minutes.
- ☐ Remove from heat; stir in vanilla extract. Cool for 5 minutes.
- ☐ Place cream cheese on a platter; pour fig mixture over cream cheese.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:6.3, Inflammation Score:-3, Nutrition Score:3.3973912985429%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg

Nutrients (% of daily need)

Calories: 214.1kcal (10.7%), Fat: 9.93g (15.28%), Saturated Fat: 5.76g (36.01%), Carbohydrates: 30.97g (10.32%), Net Carbohydrates: 29.25g (10.64%), Sugar: 28.55g (31.73%), Cholesterol: 28.63mg (9.54%), Sodium: 100mg (4.35%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Protein: 2.21g (4.42%), Vitamin A: 464.72IU (9.29%), Fiber: 1.72g (6.86%), Calcium: 63.7mg (6.37%), Potassium: 199.77mg (5.71%), Vitamin B2: 0.1mg (5.6%), Manganese: 0.09mg (4.59%), Vitamin B6: 0.09mg (4.52%), Selenium: 2.78µg (3.97%), Phosphorus: 39.38mg (3.94%), Vitamin B5: 0.36mg (3.63%), Magnesium: 14.39mg (3.6%), Vitamin K: 3.38µg (3.21%), Copper: 0.06mg (2.83%), Vitamin B1: 0.04mg (2.8%), Iron: 0.38mg (2.12%), Vitamin E: 0.31mg (2.06%), Zinc: 0.24mg (1.58%), Folate: 6.28µg (1.57%), Vitamin C: 1.18mg (1.43%), Vitamin B3: 0.28mg (1.42%), Vitamin B12: 0.06µg (1.04%)