



## F28 DRIED GOLDEN FIGS

## Nutrition Facts

Serving Size about 6 pieces (40g)

## Amount Per Serving

Calories 100 Cals. From Fat 0

## % Daily Value\*\*

Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	26 g	9%
Dietary Fiber	4 g	14%
Sugars	19 g	
Protein	1 g	

Vitamin A 0% Vitamin C 0%

Calcium 4% Iron 4%

\*\*Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	CALORIES	2000	2500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories Per Gram:

Fat 9 \* Carbohydrate 4 \* Protein 4

**Source of Nutritional Information**  
USDA Nutrient Database for Standard Reference.

**Ingredients**

Golden Figs, potassium sorbate and sulfur dioxide added as preservatives. Contains sulfites.

**Handling And Storage**

Store in a dry, cool place.

## Points Of Interest

The Golden Fig is a variety of fig offering intriguing texture and a naturally sweet flavor. Typically smaller than Black or Mission figs even when fresh, Dried Golden Figs are typically the size of walnuts or sometimes even smaller.

- Light yellow, orange and brown
- Approximately 1" in length, oblong
- Balanced sweet, nutty flavors
- Internal sugars crystallize on surface for mottled appearance

## Suggested Uses

- Add to muffin or bread recipes
- Combine with other dried fruits and nuts to create a custom trail mix
- Add to salads, couscous, rice or stuffing dishes for a colorful, flavor-filled accent
- Enjoy as-is for a convenient, healthy snack

## Basic Preparation

Ready to use. No preparation necessary. To rehydrate, pour boiling water over fruit and let sit, covered, for 5 to 10 minutes. Drain well before using.

## Recipe

## Warm Figgy Pudding

- 1 cup chopped dried Golden Figs, plus additional whole figs for garnish
- 1 cup Diced Dates
- 2 cups water
- 1 teaspoon baking soda
- 21 tablespoons butter, softened, divided, plus more for greasing ramekins
- 1 cup superfine sugar
- 2 eggs
- 2-1/2 cups self-rising flour
- 2-1/2-ounces dark chocolate, grated
- 2 cups brown sugar
- 2 cups heavy cream
- Whipped cream for topping

Preheat oven to 350°F. Butter the inside of 12 single-serving ramekins.

Combine figs, dates and water in a medium saucepan over medium heat. Bring to a boil, remove pan from heat, and stir in baking soda. Let sit 5 minutes to cool. Transfer date mixture to a blender, and puree. Set aside. Combine 7 tablespoons butter and sugar in a large mixing bowl or the bowl of a stand mixer fitted with a paddle attachment. Beat together until light and fluffy. Add flour, pureed fig mixture and chocolate, and mix just until combined.

Fill ramekins with batter about halfway or slightly under. Bake for 20 to 25 minutes.

Meanwhile, combine brown sugar and cream in a medium saucepan over low heat. Stir until sugar dissolves. Increase heat and bring mixture to a boil, then reduce heat to maintain a simmer for 5 minutes. Add remaining butter, and stir to incorporate.

Remove ramekins from oven, and let stand 10 minutes. Serve warm in ramekins or unmold onto small serving dishes.

Slash a shallow "X" on top of each pudding, and pour warm sauce over, allowing it to soak in slightly. Top with whipped cream. Quarter remaining whole figs, and sprinkle on top for garnish.

Makes 12 servings

Figgy pudding, as demanded by many a caroler, is a traditional British Christmas dessert that goes back to Shakespeare's time. In this version, the common rum- or sherry-soaked dried fruit is replaced with a puree of rehydrated figs, dates and water, which adds important moisture to the finished product, while grated dark chocolate adds complexity.

\* Nutritional Information May Vary Due To Growing Conditions, Seed Stock, And Frequency Of Nutritional Testing