

My First Date and Italian Fall Fruit Conserve

Yield: 4 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-fall-recipe-ideas>

Ingredients:

- 750 milliliters red wine young, fruity, Beaujolais or Zinfandel
- 1 pound figs fresh, stemmed and halved
- 6 pears or a mix of pears and apples
- 1 lemon
- 1 cup granulated sugar
- 2 tablespoons orange rind or diced
- preserves Orange Peel
- 1 bay leaf
- 1 cinnamon stick
- 5 whole cloves
- 1/2 cup hazelnuts toasted, skinned, and roughly chopped

Nutrition:

1. Calories: 720 calories
2. Carbohydrate: 125 grams
3. Fat: 11 grams
4. Fiber: 15 grams
5. Protein: 4 grams
6. SaturatedFat: 1 grams
7. Sodium: 15 milligrams
8. Sugar: 98 grams

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