



WHATSheATE



Apple-Pecan Vegan Haroset for Passover



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



138 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons apple juice
- ☐ 2 fiji apples cored peeled coarsely chopped
- ☐ 0.5 cup golden raisins
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoons brown sugar light to taste ()
- ☐ 0.5 cup pecans coarsely chopped

Equipment

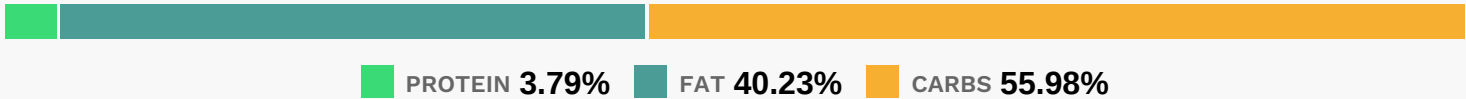
- ☐ food processor

☐ bowl

Directions

- ☐ In a small bowl, combine the raisins, apple juice, and sugar and soak for 1 hour.
- ☐ Transfer the raisin mixture to a food processor.
- ☐ Add the apples, pecans, and cinnamon and pulse to combine. Do not over-process since you want the texture to remain slightly chunky.
- ☐ Transfer to a small bowl.
- ☐ Serve immediately or cover and refrigerate until needed. Properly stored, it will keep for up to 2 days.

Nutrition Facts



Properties

Glycemic Index:24.07, Glycemic Load:7.77, Inflammation Score:-2, Nutrition Score:4.1821739155313%

Flavonoids

Cyanidin: 1.93mg, Cyanidin: 1.93mg, Cyanidin: 1.93mg, Cyanidin: 1.93mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg Epicatechin: 5mg, Epicatechin: 5mg, Epicatechin: 5mg, Epicatechin: 5mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 137.61kcal (6.88%), Fat: 6.71g (10.33%), Saturated Fat: 0.6g (3.75%), Carbohydrates: 21.01g (7%), Net Carbohydrates: 18.01g (6.55%), Sugar: 15.2g (16.89%), Cholesterol: 0mg (0%), Sodium: 2.58mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Manganese: 0.53mg (26.57%), Fiber: 3g (12.01%), Copper: 0.17mg (8.58%), Potassium: 202.2mg (5.78%), Vitamin B1: 0.07mg (4.86%), Magnesium: 18.89mg (4.72%), Phosphorus: 46.49mg (4.65%), Vitamin B6: 0.09mg (4.26%), Vitamin C: 3.36mg (4.07%), Zinc: 0.48mg (3.21%), Iron: 0.56mg (3.11%), Vitamin B2: 0.05mg (3.06%), Calcium: 20.9mg (2.09%), Vitamin K: 2.18µg (2.08%), Vitamin E: 0.26mg (1.73%), Vitamin B3: 0.31mg (1.55%), Vitamin B5: 0.14mg (1.38%), Folate: 4.21µg (1.05%)