



Apricot, Date, and Pistachio Haroseth

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



3

CALORIES



581 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon ground pepper
- 0.3 teaspoon cinnamon
- 0.5 cup cooking sherry
- 0.7 cup dates dried pitted coarsely chopped
- 5 ounces apricot dried coarsely chopped (preferably California/Pacific)
- 0.3 teaspoon ground cardamom
- 1 teaspoon orange zest finely chopped (3- by)
- 0.7 cup pistachios unsalted shelled

0.7 cup almonds whole with skin, toasted and cooled

Equipment

food processor

Directions

- Pulse nuts in a food processor until coarsely chopped.
- Add dried fruit and pulse until chopped.
- Add Sherry, zest, and spices and pulse until incorporated.
- If dried fruit isn't soft, soak in boiling-hot water 10 minutes.
- Drain and pat dry before proceeding. •Haroseth can be made 2 days ahead and kept in an airtight container at room temperature.

Nutrition Facts

PROTEIN **9.98%** FAT **43.19%** CARBS **46.83%**

Properties

Glycemic Index:50.8, Glycemic Load:20.57, Inflammation Score:-9, Nutrition Score:24.411739131679%

Flavonoids

Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Isorhamnetin: 0.84mg, Isorhamnetin: 0.84mg, Isorhamnetin: 0.84mg, Isorhamnetin: 0.84mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 581.24kcal (29.06%), Fat: 28.79g (44.29%), Saturated Fat: 2.77g (17.34%), Carbohydrates: 70.23g (23.41%), Net Carbohydrates: 57.13g (20.77%), Sugar: 49.84g (55.38%), Cholesterol: 0mg (0%), Sodium: 9.45mg (0.41%), Alcohol: 4.12g (100%), Alcohol %: 2.9% (100%), Protein: 14.96g (29.92%), Vitamin E: 10.85mg (72.3%), Manganese: 1.39mg (69.42%), Fiber: 13.1g (52.4%), Copper: 0.91mg (45.67%), Magnesium: 149.64mg (37.41%), Potassium:

1307.14mg (37.35%), Vitamin A: 1849.88IU (37%), Phosphorus: 343.08mg (34.31%), Vitamin B2: 0.49mg (28.9%), Vitamin B6: 0.5mg (24.85%), Iron: 4.03mg (22.41%), Vitamin B1: 0.28mg (18.86%), Vitamin B3: 3.23mg (16.16%), Calcium: 160.68mg (16.07%), Zinc: 1.98mg (13.2%), Folate: 39.64µg (9.91%), Selenium: 6.12µg (8.75%), Vitamin B5: 0.75mg (7.47%), Vitamin K: 6.3µg (6%), Vitamin C: 2.5mg (3.03%)