



Charoset (huh-ROW-set)



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



48 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon ground cinnamon
- ☐ 1 tablespoon honey
- ☐ 1 teaspoon lemon zest
- ☐ 1 cup apples red firm chopped (Gala or other , variety)
- ☐ 0.3 cup walnuts chopped
- ☐ 1 tablespoon kosher red wine

Equipment

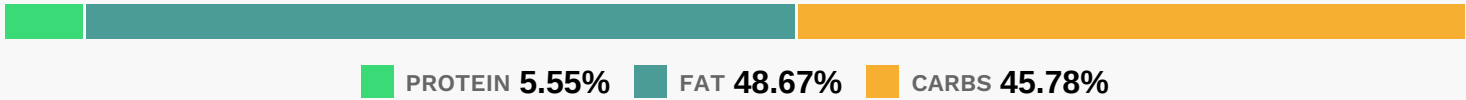
- ☐ food processor

☐ blender

Directions

☐ Combine all ingredients. For a chunkier texture, chill until ready to serve. For a smoother texture, pulse in a food processor or blender until well blended and coarsely ground; chill until ready to serve, or serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:2.01, Inflammation Score:-1, Nutrition Score:1.4826086804919%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Malvidin: 0.3mg, Malvidin: 0.3mg, Malvidin: 0.3mg, Malvidin: 0.3mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.43mg, Epicatechin: 1.43mg, Epicatechin: 1.43mg, Epicatechin: 1.43mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 48.4kcal (2.42%), Fat: 2.76g (4.24%), Saturated Fat: 0.26g (1.64%), Carbohydrates: 5.84g (1.95%), Net Carbohydrates: 4.94g (1.8%), Sugar: 4.46g (4.96%), Cholesterol: 0mg (0%), Sodium: 0.51mg (0.02%), Alcohol: 0.23g (100%), Alcohol %: 1.04% (100%), Protein: 0.71g (1.42%), Manganese: 0.2mg (10.2%), Copper: 0.07mg (3.69%), Fiber: 0.9g (3.59%), Magnesium: 8.03mg (2.01%), Phosphorus: 17.25mg (1.73%), Vitamin B6: 0.03mg (1.63%), Vitamin C: 1.27mg (1.54%), Potassium: 43.5mg (1.24%), Folate: 4.77µg (1.19%), Vitamin B1: 0.02mg (1.18%), Iron: 0.19mg (1.06%), Zinc: 0.15mg (1.01%)