



## Classic Apple Haroset

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

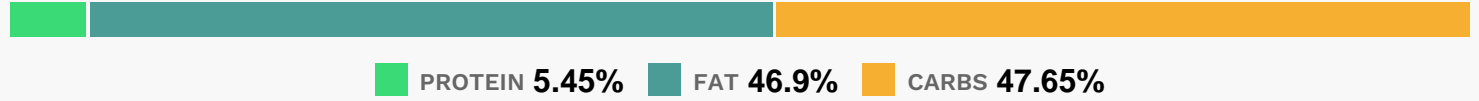
- 1 pound gala apple shredded peeled
- 8 ounces apples i use 2 granny smith apples shredded peeled
- 0.3 teaspoon ground cinnamon
- 1.5 tablespoons honey
- 3 tablespoons red wine sweet
- 0.8 cup walnuts coarsely chopped

## Equipment

# Directions

Combine all ingredients; refrigerate 2 hours in an airtight container.

# Nutrition Facts



## Properties

Glycemic Index:4.88, Glycemic Load:1.24, Inflammation Score:-1, Nutrition Score:0.99086956485458%

## Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg 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: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

## Nutrients (% of daily need)

Calories: 33.22kcal (1.66%), Fat: 1.82g (2.81%), Saturated Fat: 0.17g (1.09%), Carbohydrates: 4.17g (1.39%), Net Carbohydrates: 3.47g (1.26%), Sugar: 3.1g (3.44%), Cholesterol: 0mg (0%), Sodium: 0.36mg (0.02%), Alcohol: 0.15g (100%), Alcohol %: 0.72% (100%), Protein: 0.48g (0.95%), Manganese: 0.11mg (5.32%), Fiber: 0.7g (2.82%), Copper: 0.05mg (2.5%), Magnesium: 5.59mg (1.4%), Vitamin C: 1.02mg (1.24%), Vitamin B6: 0.02mg (1.23%), Phosphorus: 12.2mg (1.22%), Potassium: 37.21mg (1.06%)