



Curried Fruit with Almonds

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



227 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup almonds toasted sliced
- 16 ounce apricot halves in heavy syrup canned
- 0.3 cup firmly brown sugar packed
- 16 ounce royal anne cherries pitted canned
- 2 teaspoons curry powder
- 3 tablespoons flour all-purpose
- 0.5 cup golden raisins
- 3 tablespoons butter

- 16 ounce peach halves in heavy syrup canned
- 16 ounce pear halves in heavy syrup canned
- 15.3 ounce pineapple chunks in heavy syrup canned
- 0.5 cup raisins sweet

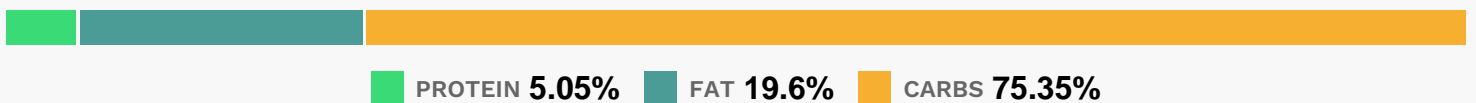
Equipment

- sauce pan
- oven
- baking pan

Directions

- Drain fruit, reserving 3/4 cup liquid. Set drained fruit and liquid aside.
- Combine brown sugar and flour in a saucepan; stir well. Gradually stir in reserved liquid.
- Add margarine and raisins; cook over medium heat, stirring constantly, until mixture comes to a boil. Boil, stirring constantly, 1 minute.
- Remove from heat; stir in wine and curry powder.
- Spoon drained fruit into an 11- x 7- x 1 1/2-inch baking dish; pour wine mixture over fruit.
- Sprinkle with sliced almonds.
- Bake, uncovered, at 350 for 25 to 30 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:30.23, Glycemic Load:11.11, Inflammation Score:-8, Nutrition Score:8.238260894042%

Flavonoids

Cyanidin: 15.56mg, Cyanidin: 15.56mg, Cyanidin: 15.56mg, Cyanidin: 15.56mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.68mg, Peonidin: 0.68mg, Peonidin: 0.68mg, Peonidin: 0.68mg Catechin: 6.12mg, Catechin: 6.12mg, Catechin: 6.12mg, Catechin: 6.12mg Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg

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Nutrients (% of daily need)

Calories: 226.83kcal (11.34%), Fat: 5.14g (7.91%), Saturated Fat: 0.86g (5.4%), Carbohydrates: 44.45g (14.82%), Net Carbohydrates: 39.17g (14.24%), Sugar: 34.25g (38.05%), Cholesterol: 0mg (0%), Sodium: 50.13mg (2.18%), Alcohol: 1.24g (100%), Alcohol %: 0.61% (100%), Protein: 2.98g (5.96%), Vitamin A: 1237.68IU (24.75%), Fiber: 5.28g (21.12%), Vitamin C: 15.87mg (19.24%), Potassium: 476.86mg (13.62%), Manganese: 0.24mg (12.05%), Copper: 0.24mg (12.05%), Vitamin E: 1.65mg (10.98%), Magnesium: 34.89mg (8.72%), Vitamin B1: 0.11mg (7.42%), Vitamin B2: 0.12mg (7.28%), Vitamin B6: 0.14mg (7.22%), Iron: 1.21mg (6.7%), Phosphorus: 64.98mg (6.5%), Vitamin K: 6.82µg (6.49%), Vitamin B3: 1.24mg (6.18%), Folate: 20.14µg (5.03%), Calcium: 43.79mg (4.38%), Vitamin B5: 0.34mg (3.38%), Selenium: 2.27µg (3.24%), Zinc: 0.46mg (3.06%)