



Date-Nut Haroset



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.3 cups dates whole pitted
- ☐ 0.7 cup apricots dried
- ☐ 0.7 cup figs dried
- ☐ 1 apples i use 2 granny smith apples shredded cored peeled
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 2 teaspoons honey
- ☐ 0.5 cup kosher marshmallows miniature

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons raisins
- ☐ 0.3 cup walnuts finely chopped
- ☐ 0.3 cup kosher red wine sweet

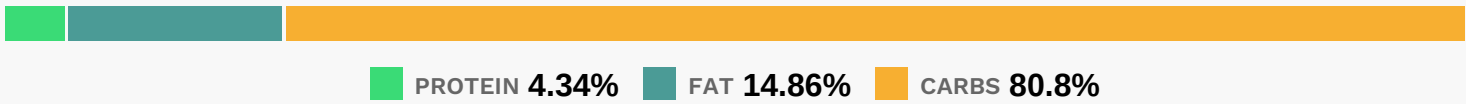
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Place first 4 ingredients in a food processor. Pulse 4 times or until coarsely chopped, scraping sides of bowl occasionally.
- ☐ Add wine, juice, honey, cinnamon, nutmeg, and apple. Pulse 2 times to combine (mixture should be slightly chunky but spreadable).
- ☐ Place fruit mixture in a large bowl; stir in marshmallows and walnuts. Cover and refrigerate at least for 2 hours or overnight.

Nutrition Facts



Properties

Glycemic Index:13.44, Glycemic Load:4.22, Inflammation Score:-1, Nutrition Score:1.4291304362857%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg 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: 0.26mg, Malvidin: 0.26mg, Malvidin: 0.26mg, Malvidin: 0.26mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 49.74kcal (2.49%), Fat: 0.88g (1.35%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 10.77g (3.59%), Net Carbohydrates: 9.51g (3.46%), Sugar: 8.03g (8.92%), Cholesterol: 0mg (0%), Sodium: 1.76mg (0.08%), Alcohol: 0.2g (100%), Alcohol %: 1.1% (100%), Protein: 0.58g (1.16%), Fiber: 1.26g (5.02%), Manganese: 0.09mg (4.46%), Potassium: 112.61mg (3.22%), Copper: 0.06mg (2.76%), Magnesium: 8.24mg (2.06%), Vitamin A: 101.93IU (2.04%), Iron: 0.27mg (1.52%), Vitamin B6: 0.03mg (1.44%), Phosphorus: 13.68mg (1.37%), Calcium: 10.95mg (1.1%), Vitamin E: 0.15mg (1.01%)