



Date-Orange-Nut Spread



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



269 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 cup almonds toasted
- ☐ 1.5 cups dates chopped
- ☐ 0.3 teaspoon ground cardamom
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup honey
- ☐ 1 large navel oranges peeled cut into chunks
- ☐ 0.5 teaspoon orange rind grated
- ☐ 0.5 cup raisins

- ☐ 0.5 cup walnuts toasted
- ☐ 0.5 cup white wine sweet

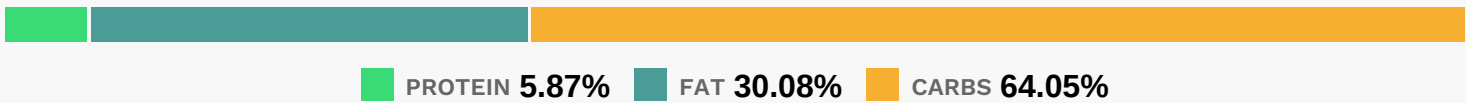
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Combine dates and raisins in a bowl; add wine. Cover and chill 8 hours.
- ☐ Process date mixture, orange rind, and remaining ingredients in a food processor until slightly chunky and spreadable, adding more wine if needed.
- ☐ NOTE: For testing purposes only, we used Sunsweet chopped dates and Mogen David white wine.

Nutrition Facts



Properties

Glycemic Index:27.26, Glycemic Load:19.74, Inflammation Score:-4, Nutrition Score:8.1621739346048%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 3.89mg, Hesperetin: 3.89mg, Hesperetin: 3.89mg, Hesperetin: 3.89mg Naringenin: 1.34mg, Naringenin: 1.34mg, Naringenin: 1.34mg, Naringenin: 1.34mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 268.56kcal (13.43%), Fat: 9.42g (14.49%), Saturated Fat: 0.82g (5.1%), Carbohydrates: 45.11g (15.04%), Net Carbohydrates: 40.18g (14.61%), Sugar: 31.29g (34.76%), Cholesterol: 0mg (0%), Sodium: 4.84mg (0.21%), Alcohol: 1.54g (100%), Alcohol %: 1.96% (100%), Protein: 4.14g (8.27%), Manganese: 0.62mg (31.18%), Fiber: 4.94g (19.75%),

Vitamin E: 2.38mg (15.88%), Copper: 0.31mg (15.29%), Vitamin C: 11.3mg (13.69%), Magnesium: 54.21mg (13.55%), Potassium: 401.88mg (11.48%), Phosphorus: 99.68mg (9.97%), Vitamin B2: 0.16mg (9.67%), Vitamin B6: 0.14mg (6.97%), Iron: 1.2mg (6.68%), Folate: 23.03µg (5.76%), Calcium: 55.91mg (5.59%), Vitamin B1: 0.08mg (5.38%), Vitamin B3: 0.97mg (4.84%), Zinc: 0.67mg (4.48%), Vitamin B5: 0.31mg (3.13%), Selenium: 1.74µg (2.48%)