



Dried Fruit and Almond Haroseth



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



145 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds coarsely chopped
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 4 ounces dates pitted
- ☐ 0.3 cup cooking wine dry red
- ☐ 6 small calimyrna figs stemmed
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 small cranberry-orange relish cubed seeded
- ☐ 0.3 cup raisins

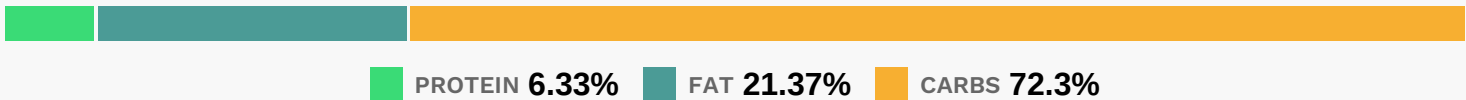
Equipment

☐ bowl

Directions

- ☐ Coarsely chop first 7 ingredients in processor.
- ☐ Add wine and blend, using on/off turns, until orange is finely chopped but mixture is still chunky.
- ☐ Transfer to bowl. DO AHEAD Can be made 4 days ahead. Cover; chill.

Nutrition Facts



Properties

Glycemic Index:37.33, Glycemic Load:12.58, Inflammation Score:-3, Nutrition Score:5.4782608591992%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Petunidin: 0.28mg, Petunidin: 0.28mg, Petunidin: 0.28mg, Petunidin: 0.28mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Malvidin: 2.25mg, Malvidin: 2.25mg, Malvidin: 2.25mg, Malvidin: 2.25mg Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 3.74mg, Hesperetin: 3.74mg, Hesperetin: 3.74mg, Hesperetin: 3.74mg Naringenin: 2.13mg, Naringenin: 2.13mg, Naringenin: 2.13mg, Naringenin: 2.13mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 144.95kcal (7.25%), Fat: 3.63g (5.58%), Saturated Fat: 0.3g (1.88%), Carbohydrates: 27.6g (9.2%), Net Carbohydrates: 23.57g (8.57%), Sugar: 17.44g (19.38%), Cholesterol: 0mg (0%), Sodium: 2.69mg (0.12%), Alcohol: 0.9g (100%), Alcohol %: 1.32% (100%), Protein: 2.42g (4.83%), Fiber: 4.03g (16.1%), Manganese: 0.29mg (14.47%), Vitamin E: 1.83mg (12.18%), Vitamin C: 8.45mg (10.24%), Potassium: 318.85mg (9.11%), Magnesium: 34.76mg (8.69%), Copper: 0.16mg (7.76%), Vitamin B2: 0.12mg (7.29%), Phosphorus: 54.89mg (5.49%), Vitamin B6: 0.1mg

(4.86%), Calcium: 45.54mg (4.55%), Iron: 0.75mg (4.18%), Vitamin B1: 0.06mg (4.18%), Vitamin B3: 0.71mg (3.55%), Folate: 12.5µg (3.12%), Vitamin B5: 0.27mg (2.68%), Zinc: 0.34mg (2.24%), Vitamin K: 2.12µg (2.02%), Vitamin A: 96.51IU (1.93%), Selenium: 0.95µg (1.36%)