



Dried Fruit Condiment



Vegetarian



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



247 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 4 slices multigrain baguette whole-wheat toasted thin
- ☐ 1 teaspoon cumin seeds crushed
- ☐ 8 dates pitted finely chopped
- ☐ 8 apricots dried finely chopped
- ☐ 4 figs dried finely chopped
- ☐ 1 tablespoon honey
- ☐ 2 oranges
- ☐ 6 saffron threads

☐ 5 tablespoons balsamic vinegar white

Equipment

☐ bowl

☐ frying pan

☐ sauce pan

☐ sieve

☐ peeler

Directions

☐ Use a vegetable peeler to remove strips of zest from 1 orange. Bring a small saucepan of water to a boil.

☐ Add the zest and boil for 2 minutes.

☐ Drain in a sieve, then immediately rinse under cold water until cool.

☐ Cut the zest lengthwise into fine slivers.

☐ Squeeze the juice of the zested orange into a small saucepan. Bring to a boil, then stir in the apricots, dates, and figs.

☐ Remove from heat and let stand for 5 minutes.

☐ Squeeze the juice from the remaining orange. In a deep skillet, heat the honey over medium heat until pale caramel in color.

☐ Add the orange juice, stir well, and bring to a boil.

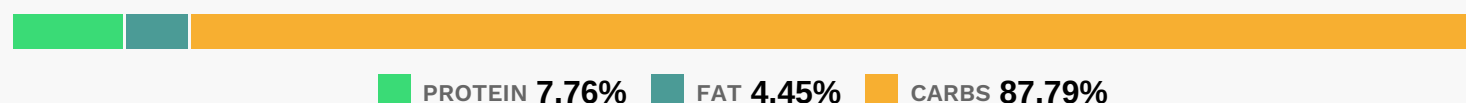
☐ Add the dried fruit mixture and simmer for 5–6 minutes.

☐ Add the cumin, saffron, vinegar, and orange zest.

☐ Mix well and transfer to a bowl.

☐ Serve warm or at room temperature with toasts.

Nutrition Facts



Properties

Glycemic Index:101.98, Glycemic Load:26.35, Inflammation Score:-7, Nutrition Score:10.741304459779%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 247.29kcal (12.36%), Fat: 1.28g (1.97%), Saturated Fat: 0.21g (1.32%), Carbohydrates: 56.75g (18.92%), Net Carbohydrates: 51.37g (18.68%), Sugar: 36.19g (40.21%), Cholesterol: 0mg (0%), Sodium: 206.2mg (8.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.03%), Vitamin C: 35.28mg (42.77%), Fiber: 5.38g (21.53%), Vitamin B1: 0.26mg (17.53%), Manganese: 0.35mg (17.42%), Potassium: 525.44mg (15.01%), Folate: 59.09µg (14.77%), Vitamin A: 732.96IU (14.66%), Iron: 2.41mg (13.37%), Vitamin B3: 2.31mg (11.55%), Calcium: 97.47mg (9.75%), Selenium: 6.72µg (9.61%), Vitamin B2: 0.16mg (9.43%), Copper: 0.19mg (9.33%), Magnesium: 35.98mg (9%), Phosphorus: 71.66mg (7.17%), Vitamin B6: 0.13mg (6.56%), Vitamin E: 0.96mg (6.37%), Vitamin B5: 0.49mg (4.88%), Zinc: 0.51mg (3.38%), Vitamin K: 3.11µg (2.96%)