



## Dried fruit energy nuggets



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



10 min.

SERVINGS



6

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 50 g apricot dried soft
- ☐ 100 g dates dried soft
- ☐ 50 g cherries dried
- ☐ 2 tsp coconut oil
- ☐ 1 tbsp sesame seed toasted

## Equipment

- ☐ food processor
- ☐ bowl

# Directions

☐ Whizz apricots with dates and cherries in a food processor until very finely chopped. Tip into a bowl and use your hands to work in coconut oil. Shape the mix into walnut-sized balls, then roll in sesame seeds. Store in an airtight container until you need a quick energy fix.

## Nutrition Facts



## Properties

Glycemic Index:27.4, Glycemic Load:7.66, Inflammation Score:-3, Nutrition Score:2.8413043747778%

## Flavonoids

Cyanidin: 2.8mg, Cyanidin: 2.8mg, Cyanidin: 2.8mg, Cyanidin: 2.8mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

## Nutrients (% of daily need)

Calories: 93.42kcal (4.67%), Fat: 2.36g (3.62%), Saturated Fat: 1.35g (8.45%), Carbohydrates: 19.41g (6.47%), Net Carbohydrates: 17.12g (6.23%), Sugar: 16.09g (17.88%), Cholesterol: 0mg (0%), Sodium: 1.33mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.09%), Fiber: 2.29g (9.17%), Potassium: 231.52mg (6.61%), Copper: 0.13mg (6.46%), Vitamin A: 307.47IU (6.15%), Manganese: 0.11mg (5.3%), Magnesium: 16.01mg (4%), Iron: 0.64mg (3.56%), Vitamin B6: 0.06mg (2.77%), Phosphorus: 27.43mg (2.74%), Calcium: 26.81mg (2.68%), Vitamin B3: 0.51mg (2.54%), Vitamin E: 0.38mg (2.54%), Selenium: 1.2µg (1.71%), Vitamin B1: 0.02mg (1.6%), Vitamin B5: 0.16mg (1.59%), Folate: 5.79µg (1.45%), Vitamin B2: 0.02mg (1.39%), Zinc: 0.2mg (1.35%)