



Fig, Onion, and Lemon Haroseth



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



159 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 1.5 cups mission figs dried chopped
- ☐ 0.3 cup honey
- ☐ 1 juice of lemon shredded finely
- ☐ 0.3 cup olive oil
- ☐ 3 cups onions finely chopped
- ☐ 0.5 cup pinenuts toasted
- ☐ 1.3 cups red wine

☐ 0.3 teaspoon salt

Equipment

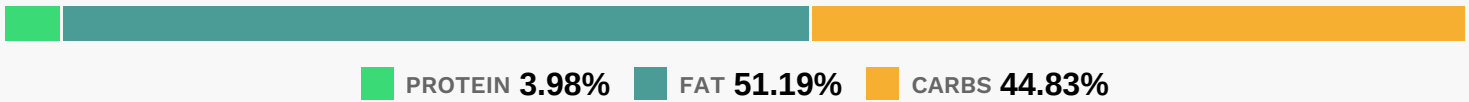
☐ frying pan

☐ sauce pan

Directions

- ☐ In a small saucepan, bring figs and wine to a boil, cover, reduce heat, and simmer until tender, about 25 minutes. After cooking, figs should be barely covered with liquid; spoon out excess if necessary.
- ☐ Meanwhile, in a large frying pan over medium heat, cook onions in olive oil, stirring often, until very soft, 20 minutes.
- ☐ Stir fig mixture, pepper, honey, salt, lemon juice, and 1/2 of zest into onions.
- ☐ Let cool.
- ☐ Stir in pine nuts just before serving.
- ☐ Garnish with remaining zest.
- ☐ Make ahead: Prepare through step 3, adding all of zest; chill airtight up to 1 day.

Nutrition Facts



Properties

Glycemic Index:17.73, Glycemic Load:6.91, Inflammation Score:-4, Nutrition Score:4.8973912985429%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Malvidin: 3.46mg, Malvidin: 3.46mg, Malvidin: 3.46mg, Malvidin: 3.46mg Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg Catechin: 2.26mg, Catechin: 2.26mg, Catechin: 2.26mg, Catechin: 2.26mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin:

0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 10mg, Quercetin: 10mg, Quercetin: 10mg, Quercetin: 10mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 158.58kcal (7.93%), Fat: 8.48g (13.05%), Saturated Fat: 0.93g (5.83%), Carbohydrates: 16.71g (5.57%), Net Carbohydrates: 14.92g (5.42%), Sugar: 12.67g (14.08%), Cholesterol: 0mg (0%), Sodium: 51.85mg (2.25%), Alcohol: 2.65g (100%), Alcohol %: 3% (100%), Protein: 1.49g (2.97%), Manganese: 0.64mg (31.97%), Vitamin E: 1.21mg (8.1%), Vitamin K: 7.6µg (7.23%), Fiber: 1.79g (7.18%), Magnesium: 26.51mg (6.63%), Copper: 0.12mg (5.88%), Potassium: 197.85mg (5.65%), Phosphorus: 54.33mg (5.43%), Vitamin B6: 0.1mg (5.15%), Vitamin C: 3.68mg (4.46%), Vitamin B1: 0.06mg (3.87%), Iron: 0.69mg (3.82%), Zinc: 0.53mg (3.52%), Folate: 11.71µg (2.93%), Vitamin B2: 0.05mg (2.88%), Vitamin B3: 0.48mg (2.39%), Calcium: 23.52mg (2.35%), Vitamin B5: 0.17mg (1.7%)