



## Fruit and Spice Bonbons



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients



0.3 teaspoon allspice



0.5 teaspoon cinnamon



2 cups apricot dried finely chopped



2 cups figs dried finely chopped



0.1 teaspoon ginger



0.3 teaspoon ground cloves



1 tablespoon honey



0.3 cup cocoa powder unsweetened chopped

- ☐ 2 cups prune- cut to pieces dried red finely chopped
- ☐ 1 tablespoon cocoa powder unsweetened

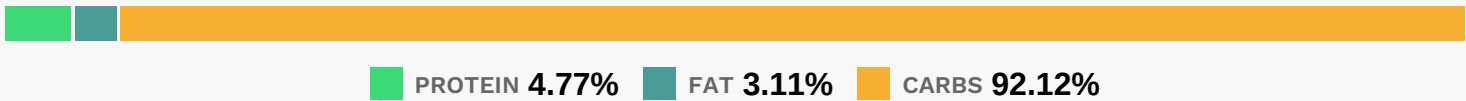
## Equipment

- ☐ muffin liners

## Directions

- ☐ Mix the dried fruit and spices with your hands until well combined.
- ☐ Scoop 1 tablespoon of the mixture and roll it into a ball about 1/2 inch in diameter. Repeat until the entire mixture has been used.
- ☐ Roll the balls in the sugar, cocoa, or nuts (or skip this part, if serving plain), and place them in paper mini-muffin cups.
- ☐ Serve or store airtight at room temperature for up to a week.
- ☐ You can chop the fruit the night before making this recipe and store it, covered, in the refrigerator (fruit is easier to shape when it's chilled than at room temperature).

## Nutrition Facts



## Properties

Glycemic Index:9.03, Glycemic Load:8.22, Inflammation Score:-5, Nutrition Score:5.1595651455548%

## Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Epicatechin: 2.6mg, Epicatechin: 2.6mg, Epicatechin: 2.6mg, Epicatechin: 2.6mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

## Nutrients (% of daily need)

Calories: 116.67kcal (5.83%), Fat: 0.46g (0.7%), Saturated Fat: 0.15g (0.92%), Carbohydrates: 30.49g (10.16%), Net Carbohydrates: 26.31g (9.57%), Sugar: 21.6g (24%), Cholesterol: 0mg (0%), Sodium: 3.55mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.05mg (1.02%), Protein: 1.58g (3.16%), Fiber: 4.18g (16.71%), Vitamin K: 13.16µg (12.54%), Vitamin A: 606.23IU (12.12%), Manganese: 0.23mg (11.74%), Potassium: 400.96mg (11.46%), Copper: 0.19mg (9.36%), Magnesium: 28.19mg (7.05%), Iron: 1.01mg (5.6%), Vitamin E: 0.7mg (4.64%), Calcium:

41.36mg (4.14%), Phosphorus: 41.08mg (4.11%), Vitamin B3: 0.79mg (3.94%), Vitamin B6: 0.07mg (3.61%), Vitamin B2: 0.06mg (3.41%), Zinc: 0.32mg (2.13%), Vitamin B5: 0.21mg (2.1%), Vitamin B1: 0.02mg (1.64%)