



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 apricots dried finely chopped
- ☐ 2 cups figs dried finely chopped
- ☐ 0.1 teaspoon ginger
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 tablespoon honey
- ☐ 0.3 cup ground pecans unsweetened chopped

- ☐ 2 cups plums dried red finely chopped
- ☐ 1 tablespoon cocoa unsweetened

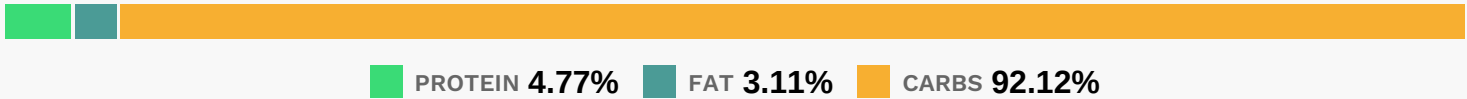
Equipment

- ☐ 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%)