



Greek-Style Haroset



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups dates whole pitted
- ☐ 1 golden delicious apple cored peeled quartered
- ☐ 1 apples i use 2 granny smith apples cored peeled quartered
- ☐ 0.3 cup red wine sweet
- ☐ 0.5 cup walnuts coarsely chopped
- ☐ 2 cups water

Equipment

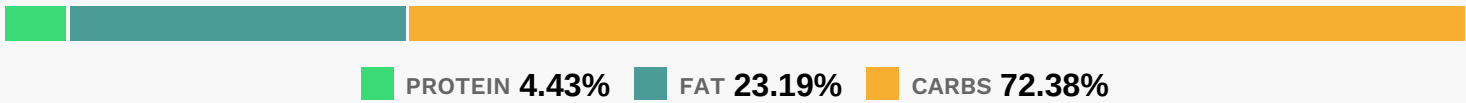
- ☐ food processor

☐ sauce pan

Directions

- ☐ Combine dates, water, and apples in a medium saucepan. Bring to a boil over medium-high heat. Reduce heat, and simmer 25 minutes or until apples are tender, stirring occasionally.
- ☐ Remove from heat; cool at least 15 minutes.
- ☐ Place apple mixture and wine in a food processor; pulse 5 times (mixture will be chunky).
- ☐ Add nuts; pulse 2 times to combine.

Nutrition Facts



Properties

Glycemic Index:4.94, Glycemic Load:3.69, Inflammation Score:-1, Nutrition Score:1.1826086990211%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Malvidin: 0.26mg, Malvidin: 0.26mg, Malvidin: 0.26mg, Malvidin: 0.26mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 45.66kcal (2.28%), Fat: 1.25g (1.92%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 8.75g (2.92%), Net Carbohydrates: 7.62g (2.77%), Sugar: 7.05g (7.83%), Cholesterol: 0mg (0%), Sodium: 1.21mg (0.05%), Alcohol: 0.2g (100%), Alcohol %: 0.64% (100%), Protein: 0.54g (1.07%), Manganese: 0.09mg (4.65%), Fiber: 1.13g (4.52%), Copper: 0.05mg (2.69%), Potassium: 82.49mg (2.36%), Magnesium: 7.78mg (1.95%), Vitamin B6: 0.03mg (1.56%), Phosphorus: 13.65mg (1.36%)