



Haroset for Passover



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



3

CALORIES



498 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 apples cored peeled chopped
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 3.5 teaspoons honey
- ☐ 0.3 cup red wine sweet
- ☐ 1 cup walnuts finely chopped
- ☐ 1 teaspoon sugar white

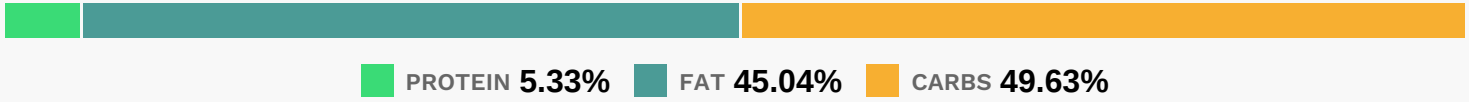
Equipment

- ☐ bowl

Directions

- ☐ Place the apples and walnuts into a large bowl.
- ☐ Mix together the cinnamon and sugar; sprinkle over the apples. Stir in the honey and sweet wine.
- ☐ Serve immediately, or refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:64.79, Glycemic Load:18.37, Inflammation Score:-7, Nutrition Score:15.141304358192%

Flavonoids

Cyanidin: 6.82mg, Cyanidin: 6.82mg, Cyanidin: 6.82mg, Cyanidin: 6.82mg Petunidin: 0.53mg, Petunidin: 0.53mg, Petunidin: 0.53mg, Petunidin: 0.53mg Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg Malvidin: 3.69mg, Malvidin: 3.69mg, Malvidin: 3.69mg, Malvidin: 3.69mg Peonidin: 0.41mg, Peonidin: 0.41mg, Peonidin: 0.41mg, Peonidin: 0.41mg Catechin: 6.64mg, Catechin: 6.64mg, Catechin: 6.64mg, Catechin: 6.64mg Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg Epicatechin: 28.42mg, Epicatechin: 28.42mg, Epicatechin: 28.42mg, Epicatechin: 28.42mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 14.87mg, Quercetin: 14.87mg, Quercetin: 14.87mg, Quercetin: 14.87mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 497.79kcal (24.89%), Fat: 26.06g (40.08%), Saturated Fat: 2.49g (15.59%), Carbohydrates: 64.6g (21.53%), Net Carbohydrates: 53.05g (19.29%), Sugar: 47.08g (52.31%), Cholesterol: 0mg (0%), Sodium: 5.86mg (0.25%), Alcohol: 2.83g (100%), Alcohol %: 0.82% (100%), Protein: 6.93g (13.86%), Manganese: 1.56mg (77.94%), Fiber: 11.54g (46.17%), Copper: 0.73mg (36.27%), Vitamin C: 17.3mg (20.98%), Magnesium: 83.38mg (20.85%), Vitamin B6: 0.38mg (18.82%), Phosphorus: 181.65mg (18.17%), Potassium: 601.05mg (17.17%), Vitamin B1: 0.2mg (13.09%), Folate: 49.59µg (12.4%), Iron: 1.76mg (9.76%), Vitamin B2: 0.16mg (9.7%), Zinc: 1.41mg (9.41%), Vitamin K:

9.27µg (8.83%), Calcium: 66.04mg (6.6%), Vitamin E: 0.94mg (6.24%), Vitamin B5: 0.46mg (4.59%), Vitamin B3: 0.84mg (4.21%), Vitamin A: 205.88IU (4.12%), Selenium: 2.05µg (2.93%)