



Haroseth



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



551 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon cayenne
- ☐ 0.3 teaspoon cinnamon
- ☐ 4 oz dates pitted
- ☐ 6 oz apricots dried
- ☐ 6 oz mission figs dried
- ☐ 0.1 teaspoon ground ginger
- ☐ 4 oz walnuts cooled toasted finely chopped
- ☐ 0.3 cup red wine such as manischewitz extra heavy malaga sweet

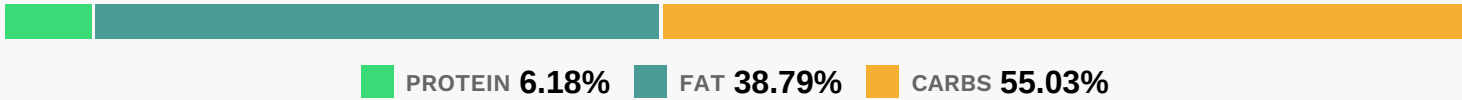
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Pulse together figs, apricots, and dates in a food processor until finely chopped, then transfer to a bowl and stir in walnuts and wine.
- ☐ Sprinkle spices evenly over mixture and stir until combined well.
- ☐ • Haroseth can be made 3 days ahead and kept, covered, at room temperature.

Nutrition Facts



Properties

Glycemic Index:72.8, Glycemic Load:29.9, Inflammation Score:-9, Nutrition Score:19.867391316787%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 2.33mg, Catechin: 2.33mg, Catechin: 2.33mg, Catechin: 2.33mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 1.04mg, Epicatechin: 1.04mg, Epicatechin: 1.04mg, Epicatechin: 1.04mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 550.62kcal (27.53%), Fat: 25.29g (38.9%), Saturated Fat: 2.38g (14.88%), Carbohydrates: 80.72g (26.91%), Net Carbohydrates: 69.23g (25.18%), Sugar: 64.62g (71.8%), Cholesterol: 0mg (0%), Sodium: 8.64mg (0.38%), Alcohol: 2.12g (100%), Alcohol %: 1.28% (100%), Protein: 9.07g (18.13%), Manganese: 1.68mg (84.1%), Fiber: 11.49g

(45.94%), Copper: 0.92mg (45.84%), Vitamin A: 2205.55IU (44.11%), Potassium: 1234.48mg (35.27%), Magnesium: 106.69mg (26.67%), Vitamin B6: 0.43mg (21.34%), Phosphorus: 207.75mg (20.78%), Vitamin E: 2.85mg (19.03%), Iron: 3.34mg (18.55%), Folate: 53.69µg (13.42%), Vitamin B3: 2.67mg (13.34%), Vitamin B1: 0.19mg (12.85%), Zinc: 1.62mg (10.81%), Calcium: 106.43mg (10.64%), Vitamin B2: 0.16mg (9.41%), Vitamin B5: 0.91mg (9.08%), Vitamin K: 6.73µg (6.41%), Selenium: 4.45µg (6.36%), Vitamin C: 2.48mg (3%)