



Haroseth (Dried Fruit and Nut Paste)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



3

CALORIES



621 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon allspice
- 4 ounces almonds raw cooled toasted
- 3 ounces apples dried packed
- 5 ounces apricots
- 0.5 teaspoon cinnamon
- 3 ounces golden raisins
- 6 inch orange zest white
- 3 ounces walnuts cooled toasted

0.5 cup cooking wine dry

Equipment

food processor

bowl

Directions

Pulse toasted nuts in a food processor until coarsely chopped.

Add dried fruit, zest, and spices and pulse again until chopped.

Add Port and pulse until all ingredients are chopped and combined into a coarse paste.

Transfer to a bowl and stir in raisins.

•Haroseth can be made up to 2 days ahead and kept chilled in an airtight container.

Nutrition Facts



PROTEIN 8.92% **FAT 52.89%** **CARBS 38.19%**

Properties

Glycemic Index:64.11, Glycemic Load:19.56, Inflammation Score:-9, Nutrition Score:24.88739146357%

Flavonoids

Cyanidin: 1.7mg, Cyanidin: 1.7mg, Cyanidin: 1.7mg, Cyanidin: 1.7mg Catechin: 2.22mg, Catechin: 2.22mg, Catechin: 2.22mg, Catechin: 2.22mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 2.47mg, Epicatechin: 2.47mg, Epicatechin: 2.47mg, Epicatechin: 2.47mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 621.28kcal (31.06%), Fat: 37.79g (58.15%), Saturated Fat: 3.26g (20.35%), Carbohydrates: 61.39g (20.46%), Net Carbohydrates: 49.43g (17.97%), Sugar: 40.07g (44.52%), Cholesterol: 0mg (0%), Sodium: 31.93mg (1.39%), Alcohol: 4.16g (100%), Alcohol %: 2.44% (100%), Protein: 14.35g (28.69%), Manganese: 2.1mg (104.92%), Vitamin E: 10.5mg (70%), Copper: 1.04mg (52.22%), Fiber: 11.96g (47.83%), Magnesium: 172.2mg (43.05%), Vitamin B2: 0.61mg (35.63%), Phosphorus: 343.8mg (34.38%), Potassium: 918.81mg (26.25%), Iron: 3.56mg (19.75%), Vitamin B6: 0.39mg (19.42%), Vitamin A: 940.19IU (18.8%), Vitamin C: 14.16mg (17.16%), Calcium: 171.52mg (17.15%),

Zinc: 2.37mg (15.81%), Vitamin B3: 2.68mg (13.41%), Vitamin B1: 0.2mg (13.27%), Folate: 51.58µg (12.9%), Vitamin B5: 0.6mg (6.02%), Selenium: 3.7µg (5.29%), Vitamin K: 4.27µg (4.07%)