



Hot Curried Fruit

 Vegetarian  Gluten Free

READY IN



100 min.

SERVINGS



6

CALORIES



395 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 small apricot halves pitted peeled
- 0.5 cup brown sugar
- 1 stick butter melted
- 1 tablespoon curry powder
- 1 juice of lemon juiced
- 20 maraschino cherries
- 2 peaches cored peeled quartered
- 2 pears cored peeled quartered

- 0.5 cup pecans chopped
- 1 cup pineapple chunks fresh cut into 1-inch pieces

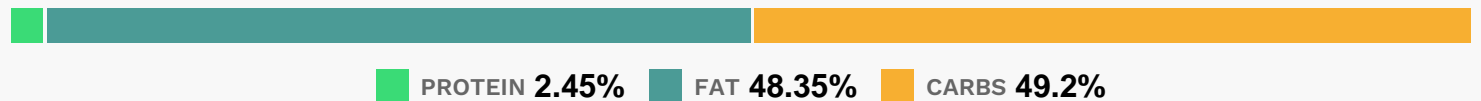
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 325 degrees F.
- Stir 1 stick of butter, 1/2 cup brown sugar, 1 tablespoon curry powder and lemon juice together in a small bowl.
- Combine all the fruit in a large baking dish and stir together with remaining ingredients.
- Sprinkle butter mixture over fruit and bake in preheated oven for 1 to 1 1/2 hours, basting often.

Nutrition Facts



Properties

Glycemic Index:30.61, Glycemic Load:5.75, Inflammation Score:-7, Nutrition Score:8.9973912964696%

Flavonoids

Cyanidin: 3.16mg, Cyanidin: 3.16mg, Cyanidin: 3.16mg, Cyanidin: 3.16mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg Epicatechin: 5.13mg, Epicatechin: 5.13mg, Epicatechin: 5.13mg, Epicatechin: 5.13mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 394.6kcal (19.73%), Fat: 22.4g (34.46%), Saturated Fat: 10.31g (64.42%), Carbohydrates: 51.27g (17.09%), Net Carbohydrates: 45.72g (16.63%), Sugar: 43.61g (48.46%), Cholesterol: 40.49mg (13.5%), Sodium: 135.31mg (5.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.11%), Manganese: 0.55mg (27.6%), Vitamin A: 1365.04IU (27.3%), Fiber: 5.55g (22.22%), Vitamin C: 13.96mg (16.92%), Copper: 0.31mg (15.38%), Vitamin E: 1.56mg (10.37%), Potassium: 359.6mg (10.27%), Vitamin B1: 0.13mg (8.96%), Magnesium: 34.09mg (8.52%), Vitamin K: 8.43µg (8.02%), Iron: 1.26mg (6.99%), Phosphorus: 63.73mg (6.37%), Vitamin B6: 0.12mg (6%), Calcium: 58.37mg (5.84%), Zinc: 0.8mg (5.36%), Vitamin B3: 0.99mg (4.97%), Vitamin B2: 0.08mg (4.41%), Folate: 17.56µg (4.39%), Vitamin B5: 0.33mg (3.28%), Selenium: 2.26µg (3.24%)