



Lemon-Coconut-Almond Haroset

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



28 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup almonds coarsely chopped
- 1.5 tablespoons coconut chips dried toasted (such as Melissa's)
- 3 gala apples cored peeled cut into 1/2-inch pieces
- 1 apples i use 2 granny smith apples cored peeled cut into 1/2-inch pieces
- 1 tablespoon juice of lemon fresh
- 1 teaspoon lemon rind grated
- 4 teaspoons sugar

Equipment

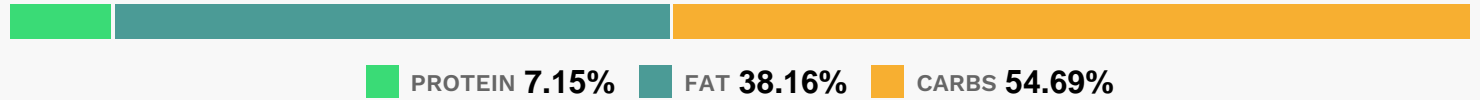
bowl

Directions

Combine sugar, rind, juice, and apples in a large bowl. Stir in almonds and coconut. Cover and refrigerate 2 hours.

Garnish with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:1.2, Inflammation Score:-1, Nutrition Score:1.1191304306621%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 28.37kcal (1.42%), Fat: 1.31g (2.01%), Saturated Fat: 0.23g (1.41%), Carbohydrates: 4.22g (1.41%), Net Carbohydrates: 3.35g (1.22%), Sugar: 2.99g (3.33%), Cholesterol: 0mg (0%), Sodium: 0.35mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.1%), Vitamin E: 0.61mg (4.1%), Fiber: 0.87g (3.49%), Manganese: 0.07mg (3.28%), Vitamin B2: 0.03mg (1.87%), Magnesium: 7.42mg (1.85%), Vitamin C: 1.31mg (1.59%), Copper: 0.03mg (1.56%), Phosphorus: 13.78mg (1.38%), Potassium: 42.59mg (1.22%)