



## Maple-Fruit Butter

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



125 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- 0.5 cup fruit bits dried
- 0.3 teaspoon ground cinnamon
- 0.5 cup orange juice unsweetened
- 0.3 cup pancake syrup reduced-calorie maple-flavored
- 0.5 cup prune- cut to pieces pitted

## Equipment

- food processor
- bowl

sauce pan

knife

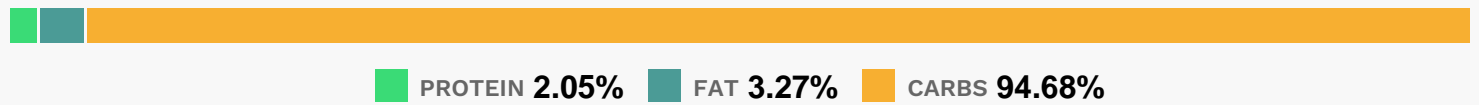
## Directions

Combine first 3 ingredients in a small saucepan; bring to a boil. Cover, remove from heat, and let stand 10 minutes.

Position knife blade in food processor bowl; add fruit mixture. Process until smooth.

Add syrup and cinnamon; process until smooth. Cover, and store in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:23.4, Glycemic Load:4.85, Inflammation Score:-2, Nutrition Score:3.39782613775%

## Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

## Nutrients (% of daily need)

Calories: 125.29kcal (6.26%), Fat: 0.49g (0.75%), Saturated Fat: 0.24g (1.5%), Carbohydrates: 31.9g (10.63%), Net Carbohydrates: 30.17g (10.97%), Sugar: 10.63g (11.81%), Cholesterol: 0.84mg (0.28%), Sodium: 21.59mg (0.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.38%), Vitamin C: 12.56mg (15.22%), Vitamin K: 11.03µg (10.51%), Fiber: 1.73g (6.92%), Potassium: 205.23mg (5.86%), Copper: 0.12mg (5.78%), Manganese: 0.11mg (5.57%), Vitamin A: 199IU (3.98%), Magnesium: 13.06mg (3.27%), Vitamin B2: 0.05mg (2.65%), Vitamin B6: 0.05mg (2.5%), Vitamin B1: 0.04mg (2.46%), Vitamin B3: 0.46mg (2.28%), Folate: 8.5µg (2.13%), Phosphorus: 21.07mg (2.11%), Calcium: 18.11mg (1.81%), Iron: 0.32mg (1.78%), Vitamin B5: 0.14mg (1.44%)