



Mediterranean Pistachios and Fruits

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



112 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon cinnamon
- 0.5 cup apricot dried chopped (preferably Blenheim)
- 0.3 teaspoon ground allspice
- 0.3 teaspoon nutmeg freshly grated
- 0.3 cup cranberries dried
- 1.5 cups pistachios unsalted
- 2 teaspoons sugar

Equipment

baking sheet

oven

Directions

Preheat oven to 35

Spread pistachios on a rimmed baking sheet and bake until lightly toasted, about 7 minutes.

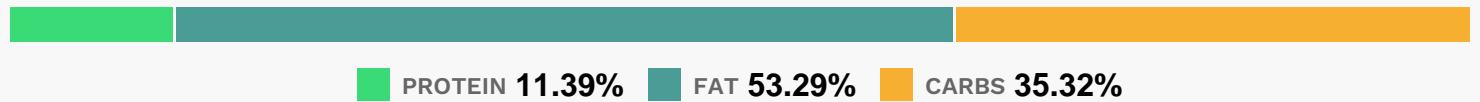
Let cool completely.

Toss pistachios with pomegranate seeds, apricots, allspice, nutmeg, cinnamon, and sugar until well coated.

*Available at some Trader Joe's stores.

Make ahead: Up to 3 days; 1 week if you add dried fruit just before eating.

Nutrition Facts



Properties

Glycemic Index:16.12, Glycemic Load:1.48, Inflammation Score:-3, Nutrition Score:4.2030435204506%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 111.88kcal (5.59%), Fat: 7.12g (10.95%), Saturated Fat: 0.88g (5.52%), Carbohydrates: 10.61g (3.54%), Net Carbohydrates: 8.44g (3.07%), Sugar: 6.59g (7.33%), Cholesterol: 0mg (0%), Sodium: 1.64mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.85%), Manganese: 0.23mg (11.38%), Copper: 0.22mg (10.97%), Vitamin B6: 0.18mg (9.06%), Fiber: 2.17g (8.7%), Phosphorus: 76.35mg (7.63%), Vitamin B1: 0.11mg (7.21%), Potassium: 220.31mg (6.29%), Vitamin A: 235.55IU (4.71%), Magnesium: 18.78mg (4.69%), Iron: 0.79mg (4.36%), Vitamin E: 0.62mg (4.15%), Zinc: 0.39mg (2.58%), Vitamin B2: 0.04mg (2.41%), Selenium: 1.68µg (2.4%), Vitamin K: 2.42µg (2.3%), Folate: 8.43µg (2.11%), Calcium: 20.85mg (2.09%), Vitamin B3: 0.37mg (1.84%), Vitamin B5: 0.11mg (1.13%)