



New England Haroset



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound apples diced finely
- ☐ 4 teaspoons maple syrup
- ☐ 0.5 cup sweetened dried cranberries dried sweetened minced
- ☐ 0.3 cup walnut halves
- ☐ 0.3 cup cooking wine (such as Manischewitz)

Equipment

- ☐ bowl

Directions

☐ Combine first 4 ingredients in a large bowl. Stir in ground walnuts. Refrigerate 2 hours in an airtight container.

Nutrition Facts



PROTEIN 3.52% **FAT 29.29%** **CARBS 67.19%**

Properties

Glycemic Index:4.31, Glycemic Load:1.01, Inflammation Score:0, Nutrition Score:0.88782608768214%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 33.46kcal (1.67%), Fat: 1.12g (1.72%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 5.78g (1.93%), Net Carbohydrates: 5.08g (1.85%), Sugar: 4.56g (5.07%), Cholesterol: 0mg (0%), Sodium: 0.58mg (0.03%), Alcohol: 0.26g (100%), Alcohol %: 1.23% (100%), Protein: 0.3g (0.6%), Manganese: 0.1mg (4.94%), Fiber: 0.7g (2.79%), Copper: 0.03mg (1.64%), Vitamin B2: 0.02mg (1.38%), Vitamin C: 0.9mg (1.09%), Magnesium: 4.13mg (1.03%)