



Pistachio and Dried-Fruit Haroseth

 Vegetarian  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



3

CALORIES



582 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup dates pitted chopped
- 0.5 cup apricot dried chopped
- 0.5 cup cranberries dried chopped
- 1 teaspoon ground cinnamon
- 1 tablespoon honey
- 1.5 teaspoons juice of lemon fresh
- 1 sprigs mint leaves fresh (for garnish)
- 0.3 teaspoon nutmeg freshly grated

- 1.5 cups pistachios unsalted
- 0.3 cup pomegranate juice pure
- 0.3 cup cooking wine sweet

Equipment

- bowl
- frying pan

Directions

- Stir pistachios in heavy medium skillet over medium heat until lightly toasted and fragrant, 4 to 5 minutes. Set aside to cool.
- Combine dates, cherries, apricots, wine, and juice in medium bowl.
- Let stand 15 minutes, stirring occasionally.
- Mix in honey, lemon juice, orange peel, and spices. Chop pistachios; mix into haroseth. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- Garnish haroseth with mint sprigs.

Nutrition Facts



■ PROTEIN **9.09%** ■ FAT **41.75%** ■ CARBS **49.16%**

Properties

Glycemic Index:81.89, Glycemic Load:17.57, Inflammation Score:-8, Nutrition Score:20.390869617462%

Flavonoids

Cyanidin: 5.54mg, Cyanidin: 5.54mg, Cyanidin: 5.54mg, Cyanidin: 5.54mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 2.2mg, Catechin: 2.2mg, Catechin: 2.2mg, Catechin: 2.2mg Epigallocatechin: 1.26mg, Epigallocatechin: 1.26mg, Epigallocatechin: 1.26mg, Epigallocatechin: 1.26mg Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 581.55kcal (29.08%), Fat: 28.48g (43.81%), Saturated Fat: 3.51g (21.93%), Carbohydrates: 75.46g (25.15%), Net Carbohydrates: 64.05g (23.29%), Sugar: 55.13g (61.25%), Cholesterol: 0mg (0%), Sodium: 7.65mg (0.33%), Alcohol: 2.08g (100%), Alcohol %: 1.47% (100%), Protein: 13.96g (27.92%), Vitamin B6: 1.15mg (57.41%), Manganese: 1.08mg (54.11%), Copper: 0.95mg (47.54%), Fiber: 11.4g (45.62%), Vitamin B1: 0.56mg (37.29%), Phosphorus: 341.33mg (34.13%), Potassium: 1128.1mg (32.23%), Magnesium: 97.61mg (24.4%), Vitamin A: 1054.99IU (21.1%), Iron: 3.52mg (19.55%), Vitamin E: 2.89mg (19.25%), Folate: 44.55µg (11.14%), Zinc: 1.61mg (10.73%), Calcium: 100.11mg (10.01%), Vitamin B3: 1.89mg (9.46%), Vitamin B2: 0.15mg (8.72%), Selenium: 5.82µg (8.32%), Vitamin B5: 0.7mg (6.98%), Vitamin C: 4.96mg (6.01%), Vitamin K: 5.23µg (4.99%)