



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 teaspoon orange zest finely grated
- ☐ 1.5 cups pistachios unsalted
- ☐ 0.3 cup pomegranate juice pure
- ☐ 0.3 cup cooking wine sweet

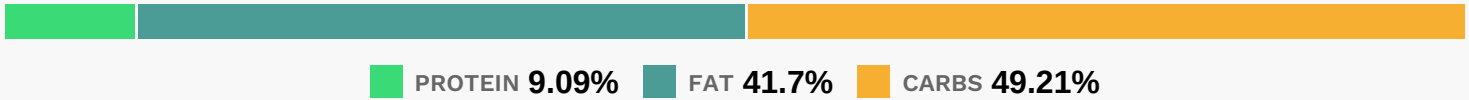
Equipment

- ☐ 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



Properties

Glycemic Index:81.89, Glycemic Load:17.57, Inflammation Score:-8, Nutrition Score:20.47826101469%

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

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: 582.2kcal (29.11%), Fat: 28.48g (43.82%), Saturated Fat: 3.51g (21.94%), Carbohydrates: 75.62g (25.21%), Net Carbohydrates: 64.15g (23.33%), Sugar: 55.13g (61.25%), Cholesterol: 0mg (0%), Sodium: 7.67mg (0.33%), Alcohol: 2.08g (100%), Alcohol %: 1.47% (100%), Protein: 13.97g (27.94%), Vitamin B6: 1.15mg (57.47%), Manganese: 1.08mg (54.11%), Copper: 0.95mg (47.57%), Fiber: 11.48g (45.9%), Vitamin B1: 0.56mg (37.35%), Phosphorus: 341.47mg (34.15%), Potassium: 1129.51mg (32.27%), Magnesium: 97.75mg (24.44%), Vitamin A: 1057.79IU (21.16%), Iron: 3.52mg (19.58%), Vitamin E: 2.89mg (19.26%), Folate: 44.75µg (11.19%), Zinc: 1.61mg (10.74%), Calcium: 101.19mg (10.12%), Vitamin B3: 1.9mg (9.49%), Vitamin B2: 0.15mg (8.76%), Selenium: 5.83µg (8.33%), Vitamin C: 5.87mg (7.11%), Vitamin B5: 0.7mg (7.01%), Vitamin K: 5.23µg (4.99%)