



Pistachio Fruit Balls

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



24

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons creme de cassis
- 2 ounces dates pitted (approximately)
- 2 ounces apricot dried (approximately)
- 4 ounces cherries dried (approximately 1 cup)
- 2 ounces golden raisins (approximately)
- 1 tablespoon orange juice
- 5 ounces pistachios (approximately 1 cup)

Equipment

food processor

bowl

Directions

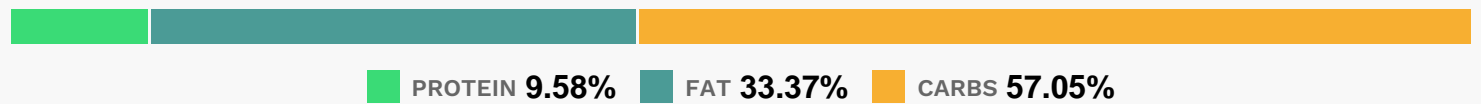
Put the pistachios in the bowl of a food processor and pulse until finely chopped, but not powdery. Divide in half into 2 separate bowls and set aside.

Put the cherries, apricots, raisins, and dates through a food grinder using the medium-grind blade.

Add to the bowl with half of the pistachios.

Add the orange juice and creme de cassis to the mixture and combine, using your hands, until the liquid is evenly distributed throughout. Shape the mixture into 24 walnut size balls and roll them in the remaining chopped pistachios. Store in an airtight container in the refrigerator for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:8.84, Glycemic Load:2.49, Inflammation Score:-2, Nutrition Score:2.2600000144347%

Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epigallocatechin: 0.12mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 68.66kcal (3.43%), Fat: 2.71g (4.18%), Saturated Fat: 0.33g (2.08%), Carbohydrates: 10.44g (3.48%), Net Carbohydrates: 8.93g (3.25%), Sugar: 7.28g (8.09%), Cholesterol: 0mg (0%), Sodium: 1.54mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.51%), Fiber: 1.51g (6.04%), Vitamin B6: 0.12mg (5.78%), Vitamin A: 279.04IU (5.58%), Copper: 0.1mg (4.94%), Manganese: 0.09mg (4.51%), Vitamin B1: 0.05mg (3.59%), Potassium: 122.49mg (3.5%), Phosphorus: 34.92mg (3.49%), Magnesium: 9.84mg (2.46%), Iron: 0.44mg (2.44%), Vitamin E:

0.24mg (1.62%), Calcium: 14.07mg (1.41%), Vitamin B2: 0.02mg (1.03%), Zinc: 0.15mg (1.03%)