

Raisin-Nut Filling



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



1374 kcal

SIDE DISH

Ingredients



0.5 cup butter



1 cup coconut or flaked



8 egg yolks



0.8 cup maraschino cherries halved drained



0.3 cup orange juice



1 cup pecans toasted chopped



1 cup raisins



1 cup sugar

☐ 1 teaspoon vanilla extract

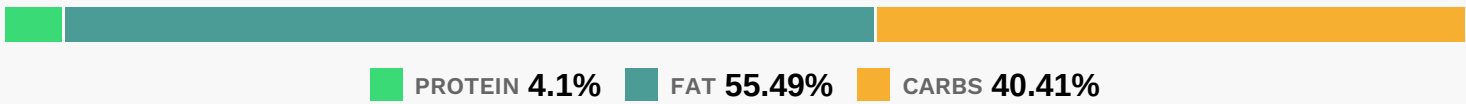
Equipment

☐ sauce pan

Directions

- ☐ Melt butter in a heavy saucepan over medium heat. Stir together sugar and egg yolks, and stir into butter. Cook, stirring constantly, 12 to 14 minutes or until thickened.
- ☐ Remove from heat; stir in pecans and remaining ingredients. Cool to room temperature.

Nutrition Facts



Properties

Glycemic Index:80.3, Glycemic Load:68.17, Inflammation Score:-7, Nutrition Score:27.663478270821%

Flavonoids

Cyanidin: 3.9mg, Cyanidin: 3.9mg, Cyanidin: 3.9mg, Cyanidin: 3.9mg Delphinidin: 2.65mg, Delphinidin: 2.65mg, Delphinidin: 2.65mg, Delphinidin: 2.65mg Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 1374.35kcal (68.72%), Fat: 88.49g (136.13%), Saturated Fat: 42.6g (266.26%), Carbohydrates: 144.98g (48.33%), Net Carbohydrates: 131.66g (47.88%), Sugar: 95.2g (105.78%), Cholesterol: 599.74mg (199.91%), Sodium: 293.68mg (12.77%), Alcohol: 0.46g (100%), Alcohol %: 0.17% (100%), Protein: 14.73g (29.46%), Manganese: 2.58mg (129.2%), Fiber: 13.33g (53.31%), Selenium: 34.71µg (49.59%), Copper: 0.94mg (47.19%), Phosphorus: 396.91mg (39.69%), Vitamin A: 1725.91IU (34.52%), Vitamin B1: 0.42mg (27.74%), Vitamin B2: 0.45mg (26.47%), Iron: 4.76mg (26.45%), Zinc: 3.61mg (24.08%), Potassium: 820.03mg (23.43%), Magnesium: 91.92mg (22.98%), Folate: 89.41µg (22.35%), Vitamin B6: 0.43mg (21.64%), Vitamin B5: 2.11mg (21.1%), Vitamin E: 2.79mg (18.58%), Vitamin D: 2.59µg (17.28%), Vitamin C: 13.77mg (16.69%), Vitamin B12: 1µg (16.67%), Calcium: 152.36mg (15.24%), Vitamin B3: 1.25mg (6.26%), Vitamin K: 5.25µg (5%)