



Really, Truly Gorgeous Dried Fruit Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



570 min.

SERVINGS



12

CALORIES



214 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 ounces apricot dried
- 0.5 cup cranberries dried
- 8 ounces figs dried
- 0.5 cup golden raisins
- 1 tablespoon honey
- 0.3 cup pinenuts
- 8 ounces prune- cut to pieces pitted
- 0.5 cup raisins

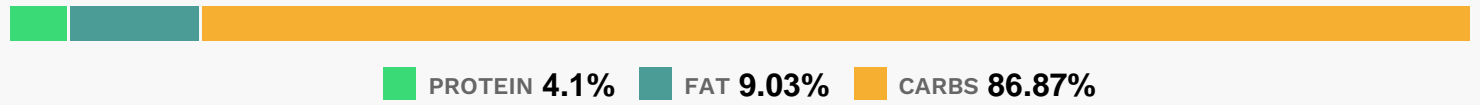
Equipment

- bowl
- sauce pan

Directions

- Place the figs, apricots, prunes, cranberries, raisins, and golden raisins into a bowl.
- Pour in just enough water to cover. Cover the bowl and soak overnight, at least 8 hours.
- Pour the fruit with the soaking water into a saucepan. Stir in the pine nuts and honey. Bring to a simmer; cook, stirring occasionally, until the fruit is tender but still holds its shape, about 30 minutes.
- Remove from the heat; return the fruit and liquid to the bowl, being careful not to break up the fruit. Cool to room temperature.

Nutrition Facts



Properties

Glycemic Index:21.76, Glycemic Load:15.66, Inflammation Score:-6, Nutrition Score:7.8199999643409%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 213.9kcal (10.7%), Fat: 2.38g (3.66%), Saturated Fat: 0.21g (1.31%), Carbohydrates: 51.52g (17.17%), Net Carbohydrates: 45.92g (16.7%), Sugar: 35.13g (39.03%), Cholesterol: 0mg (0%), Sodium: 6.95mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.87%), Manganese: 0.49mg (24.72%), Fiber: 5.6g (22.41%), Potassium: 601.19mg (17.18%), Vitamin A: 831.46IU (16.63%), Vitamin K: 16.89µg (16.09%), Copper: 0.25mg (12.66%), Magnesium: 37.87mg (9.47%), Vitamin E: 1.34mg (8.96%), Iron: 1.51mg (8.39%), Phosphorus: 67.25mg (6.72%), Vitamin B3: 1.25mg (6.26%), Vitamin B6: 0.12mg (6.08%), Vitamin B2: 0.1mg (5.63%), Calcium: 55.04mg (5.5%), Zinc: 0.5mg (3.35%), Vitamin B1: 0.05mg (3.11%), Vitamin B5: 0.29mg (2.91%), Folate: 5.7µg (1.43%), Vitamin C: 1.09mg (1.32%), Selenium: 0.73µg (1.04%)