



Sephardic Style Haroset

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



869 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups almonds
- 0.5 teaspoon cinnamon
- 1.5 cups dates dried chopped fine
- 0.8 cup apricot dried chopped fine
- 0.3 teaspoon ground cloves
- 0.5 teaspoon kosher salt to taste
- 1 teaspoon orange-flower water
- 2.5 cups raisins red

1.5 cups wine (recommended: cabernet sauvignon or Manischewitz)

Equipment

food processor

mixing bowl

Directions

Bring wine to a light simmer on medium heat, then stir in fruit and spices. Cook uncovered until fruit is well hydrated and wine has reduced to a thick syrup, about 15 minutes.

Add salt to taste and set aside.

In a food processor, roughly chop almonds in short pulses. There should be no whole almonds remaining; a mix of large chunks and small crumbs is preferable.

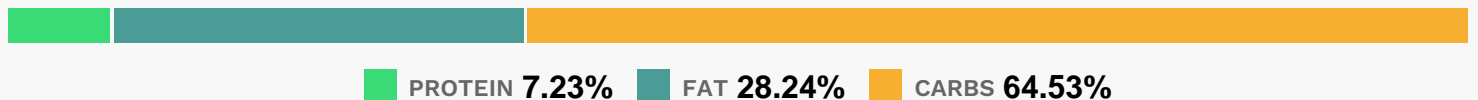
Remove almonds from food processor and transfer to a large mixing bowl.

Add fruit mixture to food processor and pulse until fruit just begins to come together into a paste, 2 to 3 one-second pulses. Do not overprocess—large chunks of fruit should be intact.

Transfer fruit to mixing bowl and combine well with almonds. Stir in orange blossom water and additional salt if needed. Flavor of haroset will improve over time.

Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:39.8, Glycemic Load:62.39, Inflammation Score:-9, Nutrition Score:29.485217426134%

Flavonoids

Cyanidin: 2.26mg, Cyanidin: 2.26mg, Cyanidin: 2.26mg, Cyanidin: 2.26mg Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg Delphinidin: 3.76mg, Delphinidin: 3.76mg, Delphinidin: 3.76mg, Delphinidin: 3.76mg Malvidin: 23.62mg, Malvidin: 23.62mg, Malvidin: 23.62mg, Malvidin: 23.62mg Peonidin: 1.66mg, Peonidin: 1.66mg, Peonidin: 1.66mg, Peonidin: 1.66mg Catechin: 7.62mg, Catechin: 7.62mg, Catechin: 7.62mg, Catechin: 7.62mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 9.92mg, Epicatechin: 9.92mg, Epicatechin: 9.92mg, Epicatechin: 9.92mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg

0.23mg, Naringenin: 0.23mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin:
1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg Kaempferol: 0.22mg, Kaempferol:
0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg,
Myricetin: 0.25mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 868.59kcal (43.43%), Fat: 27.61g (42.47%), Saturated Fat: 2.23g (13.92%), Carbohydrates: 141.92g
(47.31%), Net Carbohydrates: 122.69g (44.62%), Sugar: 50.31g (55.9%), Cholesterol: 0mg (0%), Sodium: 320.51mg
(13.94%), Alcohol: 9.45g (100%), Alcohol %: 3.79% (100%), Protein: 15.91g (31.82%), Vitamin E: 14.83mg (98.85%),
Manganese: 1.79mg (89.43%), Fiber: 19.23g (76.92%), Copper: 1.02mg (51.24%), Potassium: 1787.51mg (51.07%),
Magnesium: 203.96mg (50.99%), Vitamin B2: 0.83mg (48.89%), Phosphorus: 377.68mg (37.77%), Iron: 5.59mg
(31.03%), Vitamin B3: 4.29mg (21.44%), Calcium: 208.01mg (20.8%), Vitamin B6: 0.37mg (18.53%), Vitamin A:
885.46IU (17.71%), Vitamin B1: 0.24mg (16.27%), Zinc: 2.1mg (14%), Folate: 39.27µg (9.82%), Vitamin B5: 0.74mg
(7.44%), Selenium: 4.95µg (7.07%), Vitamin C: 5.37mg (6.51%), Vitamin K: 2.5µg (2.38%)