



Traditional Apple-Walnut Charoset

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



397 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 medium apples diced cored peeled finely
- 1 tablespoon brown sugar packed
- 1.5 teaspoons ground cinnamon
- 1.5 cups walnut halves cooled lightly toasted coarsely chopped
- 0.5 cup red wine sweet

Equipment

- food processor
- bowl

Directions

- In large bowl, stir together all ingredients. Store, covered, at room temperature until ready to serve.
- For the most even texture, we recommend dicing the apples by hand. However, to save time, they can be chopped in the food processor — just be careful not to overprocess. Sweet kosher wine is available at www.queenannewine.com.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:5.72, Inflammation Score:-6, Nutrition Score:12.927826249081%

Flavonoids

Cyanidin: 3.39mg, Cyanidin: 3.39mg, Cyanidin: 3.39mg, Cyanidin: 3.39mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.4mg, Peonidin: 0.4mg, Peonidin: 0.4mg, Peonidin: 0.4mg Catechin: 3.92mg, Catechin: 3.92mg, Catechin: 3.92mg, Catechin: 3.92mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 11.42mg, Epicatechin: 11.42mg, Epicatechin: 11.42mg, Epicatechin: 11.42mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg Galocatechin: 0.02mg, Galocatechin: 0.02mg, Galocatechin: 0.02mg, Galocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 396.67kcal (19.83%), Fat: 28.85g (44.38%), Saturated Fat: 2.73g (17.06%), Carbohydrates: 29.18g (9.73%), Net Carbohydrates: 22.56g (8.21%), Sugar: 18.45g (20.5%), Cholesterol: 0mg (0%), Sodium: 4.36mg (0.19%), Alcohol: 3.18g (100%), Alcohol %: 1.88% (100%), Protein: 7.08g (14.16%), Manganese: 1.72mg (85.91%), Copper: 0.74mg (37.09%), Fiber: 6.61g (26.46%), Magnesium: 80.47mg (20.12%), Phosphorus: 174.32mg (17.43%), Vitamin B6: 0.31mg (15.55%), Folate: 47.47µg (11.87%), Vitamin B1: 0.17mg (11.63%), Potassium: 384.87mg (11%), Zinc: 1.47mg (9.78%), Iron: 1.66mg (9.23%), Vitamin C: 6.88mg (8.34%), Vitamin B2: 0.11mg (6.52%), Calcium: 63.59mg (6.36%),

Vitamin K: 4.54µg (4.33%), Vitamin E: 0.57mg (3.8%), Vitamin B5: 0.35mg (3.49%), Vitamin B3: 0.7mg (3.48%),
Selenium: 2.27µg (3.24%), Vitamin A: 85.3IU (1.71%)