



Turkish Haroset



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.5 apples cored peeled cut into 1-inch chunks



0.5 cup dates whole pitted



0.5 cup apricots dried



0.3 cup figs dried



0.3 cup orange sections



0.3 cup raisins



0.5 cup red wine sweet



0.5 cup walnuts chopped

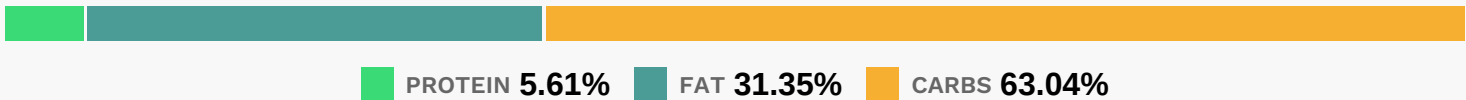
Equipment

- ☐ food processor
- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ Combine dates, raisins, and wine in a medium bowl. Cover with plastic wrap, and let stand at room temperature 8 hours or overnight.
- ☐ Place raisin mixture in a food processor.
- ☐ Add dried apricots, dried figs, apple, orange, and chopped walnuts. Process until almost smooth, scraping sides of bowl occasionally. Cover and chill at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:17.79, Glycemic Load:4.13, Inflammation Score:-2, Nutrition Score:2.3221739090007%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Malvidin: 1.04mg, Malvidin: 1.04mg, Malvidin: 1.04mg, Malvidin: 1.04mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Hesperetin: 1.07mg, Hesperetin: 1.07mg, Hesperetin: 1.07mg, Hesperetin: 1.07mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 70.26kcal (3.51%), Fat: 2.47g (3.8%), Saturated Fat: 0.24g (1.47%), Carbohydrates: 11.18g (3.73%), Net Carbohydrates: 9.66g (3.51%), Sugar: 7.28g (8.09%), Cholesterol: 0mg (0%), Sodium: 1.8mg (0.08%), Alcohol: 0.8g (100%), Alcohol %: 2.98% (100%), Protein: 1g (1.99%), Manganese: 0.18mg (8.86%), Fiber: 1.52g (6.07%), Copper: 0.1mg (4.96%), Potassium: 150.3mg (4.29%), Magnesium: 12.87mg (3.22%), Vitamin A: 159.49IU (3.19%), Vitamin C: 2.51mg (3.05%), Phosphorus: 24.52mg (2.45%), Vitamin B6: 0.05mg (2.43%), Iron: 0.41mg (2.29%), Vitamin B1: 0.02mg (1.64%), Folate: 6.51µg (1.63%), Vitamin E: 0.23mg (1.53%), Calcium: 14.46mg (1.45%), Vitamin B3: 0.28mg (1.38%), Vitamin B2: 0.02mg (1.34%), Zinc: 0.18mg (1.18%)