



Whole Orange Sephardic Charoset



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



11

CALORIES



170 kcal

SIDE DISH

Ingredients

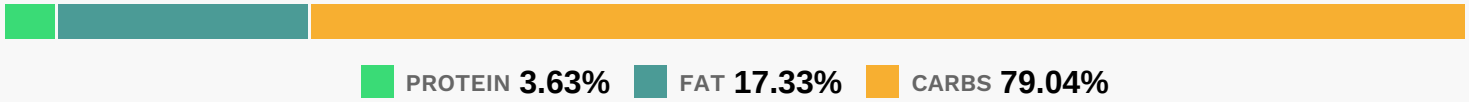
- ☐ 0.5 tsp cinnamon
- ☐ 1 lb medjool dates (22-24)
- ☐ 1 medium cranberry-orange relish seedless organic
- ☐ 0.5 cup walnuts toasted finely chopped
- ☐ 2 tbsp cooking wine sweet (red)
- ☐ 3 tbsp sugar

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Whole Orange Sephardic Charoset
- ☐ Ingredients1 medium seedless orange, well-rinsed, preferably organic1 lb Medjool dates (about 22–24), pits removed and discarded3 tbsp sugar1/2 tsp cinnamon2 tbsp sweet (red) wine1/2 cup pecans or walnuts, toasted, finely chopped
- ☐ Total Time: 15 Minutes
- ☐ Servings: 2 3/4 cups, packed charoset
- ☐ Kosher Key: Pareve, Kosher for Passover

Nutrition Facts



Properties

Glycemic Index:13.87, Glycemic Load:2.85, Inflammation Score:–3, Nutrition Score:4.7713043961836%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Hesperetin: 3.25mg, Hesperetin: 3.25mg, Hesperetin: 3.25mg, Hesperetin: 3.25mg Naringenin: 1.82mg, Naringenin: 1.82mg, Naringenin: 1.82mg, Naringenin: 1.82mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 169.76kcal (8.49%), Fat: 3.56g (5.47%), Saturated Fat: 0.33g (2.05%), Carbohydrates: 36.48g (12.16%), Net Carbohydrates: 33.01g (12%), Sugar: 31.95g (35.5%), Cholesterol: 0mg (0%), Sodium: 0.7mg (0.03%), Alcohol: 0.28g (100%), Alcohol %: 0.56% (100%), Protein: 1.67g (3.35%), Manganese: 0.33mg (16.54%), Fiber: 3.47g (13.87%), Copper: 0.24mg (12%), Potassium: 335.28mg (9.58%), Magnesium: 32.23mg (8.06%), Vitamin C: 6.41mg (7.77%), Vitamin B6: 0.14mg (7%), Phosphorus: 46.26mg (4.63%), Vitamin B5: 0.39mg (3.93%), Vitamin B3: 0.76mg (3.82%), Calcium: 37.8mg (3.78%), Folate: 15µg (3.75%), Vitamin B1: 0.05mg (3.29%), Iron: 0.56mg (3.11%), Zinc: 0.36mg (2.4%), Vitamin B2: 0.04mg (2.28%), Vitamin A: 89.65IU (1.79%), Vitamin K: 1.29µg (1.23%)