

Chinese Charoet

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-apple-recipe>

Ingredients:

- 1/2 pound dates about 1½ cups, finely chopped
- 4 apples finely chopped
- 1/2 cup pine nuts
- 3 tablespoons soy sauce you can use gluten-free
- 4 tablespoons honey
- 1 Orange

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 96 grams
3. Fat: 11 grams
4. Fiber: 11 grams
5. Protein: 5 grams
6. SaturatedFat: 1 grams
7. Sodium: 680 milligrams
8. Sugar: 74 grams

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