

Mostarda di Frutta - Italian Mustard Fruits

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-pear-mostarda-recipe>

Ingredients:

- 4 dried figs roughly chopped
- 1/2 cup dried apricots roughly chopped
- 1/2 cup dried cherries
- 1/2 cup dried apple roughly chopped
- 1 pear peeled, roughly chopped
- 1 1/2 cups dry red wine
- 1 cup sugar
- 1/2 cup honey
- 1/2 cup mustard
- 1/4 cup mustard seeds

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 115 grams
3. Fat: 3.5 grams
4. Fiber: 5 grams
5. Protein: 3 grams
6. Sodium: 360 milligrams
7. Sugar: 102 grams

Thank you for visiting our website. Hope you enjoy Mostarda di Frutta - Italian Mustard Fruits above. You can see more 15 italian pear mostarda recipe They're simply irresistible! to get more great cooking ideas.