

Natural Sugar Fruit Spread

The sweetness comes from the natural sugar in the dried fruits.

2 8 ounce cans unsweetened crushed pineapples
1 cup pitted dates, chopped
1/4 cup dried apricot halves, chopped
2 to 3 tablespoons lemon juice

Drain pineapple. Chop dates and apricot halves. Combine all ingredients in blender; process until smooth. Store in refrigerator.

Servings: 20

Yield: 1 1/4 cups

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	43.40
Calories From Fat (1%)	0.53
% Daily Value	
Total Fat 0.06g	0%
Saturated Fat 0.00g	0%
Cholesterol 0.00mg	0%
Sodium 0.61mg	0%
Potassium 112.66mg	3%
Carbohydrates 11.27g	4%
Dietary Fiber 0.89g	4%
Sugar 9.94g	
Sugar Alcohols 0.00g	
Net Carbohydrates 10.39g	
Protein 0.36g	1%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
2 8 ounce cans unsweetened crushed pineapples	2 x 1 cup of Pineapple juice, canned, unsweetened, without added ascorbic acid
1 cup pitted dates, chopped	1 x 1 cup, pitted, chopped of Dates, domestic, natural and dry
1/4 cup dried apricot halves, chopped	0.25 x 1 cup, halves of Apricots, dried, sulfured, uncooked
2 to 3 tablespoons lemon juice	2 x 1 tablespoon of Lemon juice, raw

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