



5:2 Diet - Cinnamon Apple Crisps = 50 calories



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



130 min.

SERVINGS



2

CALORIES



95 kcal

DESSERT

Ingredients

- ☐ 0.5 tsp agave nectar
- ☐ 2 small apples
- ☐ 0.5 tsp coconut oil
- ☐ 1 tsp ground cinnamon

Equipment

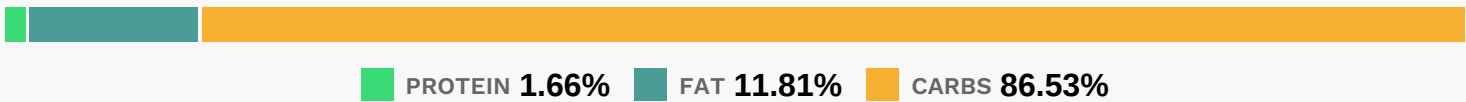
- ☐ baking sheet
- ☐ oven
- ☐ knife

☐ mandoline

Directions

- ☐ Preheat oven to 130c/110c fan/gas mark ½.
- ☐ Slice two small apples very finely, either with a mandoline or a knife.
- ☐ Mix together coconut oil and agave nectar. If the coconut oil is a little hard, heat it a little to soften it.
- ☐ Place the apple slices on a lined baking sheet and brush with the oil mixture, then dust with cinnamon.
- ☐ Bake for approximately 2 hours. Check after 1½ hours. The time these will take to bake depends on how thinly you cut the apples.
- ☐ Leave to cool and crisp up on the tray. Once cool, these will keep in an airtight tub for a few days.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:5.65, Inflammation Score:-2, Nutrition Score:3.1908695662151%

Flavonoids

Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 11.22mg, Epicatechin: 11.22mg, Epicatechin: 11.22mg, Epicatechin: 11.22mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg

Nutrients (% of daily need)

Calories: 95.41kcal (4.77%), Fat: 1.39g (2.14%), Saturated Fat: 0.97g (6.09%), Carbohydrates: 22.94g (7.65%), Net Carbohydrates: 18.67g (6.79%), Sugar: 16.7g (18.55%), Cholesterol: 0mg (0%), Sodium: 1.69mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.88%), Fiber: 4.27g (17.08%), Manganese: 0.28mg (13.96%), Vitamin

C: 7.2mg (8.72%), Potassium: 165.1mg (4.72%), Vitamin K: 4.08µg (3.88%), Vitamin B6: 0.07mg (3.36%), Vitamin B2: 0.04mg (2.48%), Copper: 0.04mg (2.24%), Calcium: 21.99mg (2.2%), Vitamin E: 0.32mg (2.11%), Magnesium: 8.25mg (2.06%), Vitamin B1: 0.03mg (1.85%), Phosphorus: 17.24mg (1.72%), Vitamin A: 84.29IU (1.69%), Iron: 0.29mg (1.61%), Folate: 5.07µg (1.27%)