

Almanzo's Fried Apples N Onions



Vegetarian



Gluten Free

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READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

260 kcal

SIDE DISH

Ingredients



4 apples cored peeled sliced



0.3 cup brown sugar



0.3 cup butter



1 onion cut into matchstick-sized pieces

Equipment

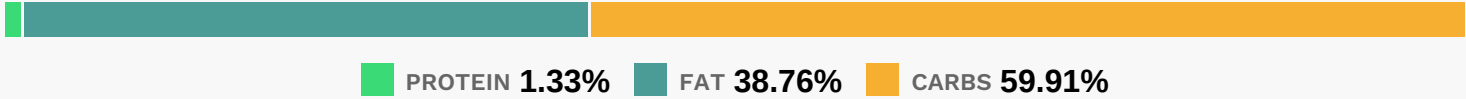


frying pan

Directions

☐ Melt butter in a skillet over medium-high heat; cook and stir apples, onion, brown sugar, and cinnamon in the melted butter until onions are translucent and sauce is slightly reduced, 15 to 20 minutes. Cool before serving.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:7.21, Inflammation Score:-5, Nutrition Score:4.25782605228222%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 12.88mg, Quercetin: 12.88mg, Quercetin: 12.88mg, Quercetin: 12.88mg

Nutrients (% of daily need)

Calories: 259.61kcal (12.98%), Fat: 11.84g (18.22%), Saturated Fat: 7.35g (45.97%), Carbohydrates: 41.18g (13.73%), Net Carbohydrates: 36.35g (13.22%), Sugar: 33.44g (37.16%), Cholesterol: 30.5mg (10.17%), Sodium: 98mg (4.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.83%), Fiber: 4.84g (19.34%), Vitamin C: 10.41mg (12.61%), Vitamin A: 453.38IU (9.07%), Potassium: 256.58mg (7.33%), Vitamin B6: 0.11mg (5.68%), Manganese: 0.11mg (5.4%), Vitamin K: 5.11µg (4.86%), Vitamin E: 0.66mg (4.41%), Vitamin B2: 0.06mg (3.5%), Magnesium: 13.37mg (3.34%), Copper: 0.07mg (3.32%), Calcium: 32.06mg (3.21%), Phosphorus: 31.95mg (3.19%), Vitamin B1: 0.04mg (2.95%), Folate: 11.25µg (2.81%), Iron: 0.38mg (2.09%), Vitamin B5: 0.18mg (1.79%), Vitamin B3: 0.22mg (1.09%)