



Apple & cornflake pots



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



390 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 800 g bramley apples peeled sliced
- ☐ 3 tbsp brown sugar
- ☐ 2 tbsp golden syrup
- ☐ 25 g butter
- ☐ 85 g oatmeal cornflakes
- ☐ 200 ml crème fraîche low-fat

Equipment

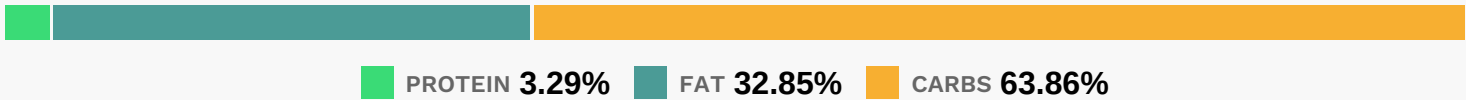
- ☐ bowl

- ☐ frying pan
- ☐ microwave

Directions

- ☐ Put the apples, caster sugar and 3 tbsp water in a pan and cook over a medium heat, stirring occasionally, for 10 mins until softened.
- ☐ Divide mixture between 4 glass tumblers and leave to cool. Meanwhile, heat the golden syrup and butter in a large bowl in the microwave for 1 min to melt.
- ☐ Add the cornflakes and stir well to coat.
- ☐ Top the cooled apple with the crme frache, then divide the cornflake mix between the glasses.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:12.79, Inflammation Score:-7, Nutrition Score:12.927826072859%

Flavonoids

Cyanidin: 3.14mg, Cyanidin: 3.14mg, Cyanidin: 3.14mg, Cyanidin: 3.14mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.6mg, Catechin: 2.6mg, Catechin: 2.6mg, Catechin: 2.6mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 15.06mg, Epicatechin: 15.06mg, Epicatechin: 15.06mg, Epicatechin: 15.06mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 8.02mg, Quercetin: 8.02mg, Quercetin: 8.02mg, Quercetin: 8.02mg

Nutrients (% of daily need)

Calories: 390.32kcal (19.52%), Fat: 14.92g (22.96%), Saturated Fat: 8.2g (51.27%), Carbohydrates: 65.27g (21.76%), Net Carbohydrates: 59.77g (21.73%), Sugar: 41.92g (46.58%), Cholesterol: 42.12mg (14.04%), Sodium: 214.69mg (9.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.73%), Iron: 6.48mg (36%), Vitamin B2: 0.46mg (26.99%), Vitamin B6: 0.49mg (24.31%), Fiber: 5.5g (22%), Vitamin B1: 0.33mg (21.92%), Folate: 85.06µg (21.26%), Vitamin B3: 4.04mg (20.22%), Vitamin B12: 1.18µg (19.59%), Vitamin A: 946.54IU (18.93%), Vitamin C: 14.1mg (17.09%), Potassium: 323.93mg (9.26%), Phosphorus: 82.48mg (8.25%), Calcium: 71.13mg (7.11%), Magnesium:

24.08mg (6.02%), Manganese: 0.12mg (5.84%), Copper: 0.11mg (5.45%), Selenium: 3.73µg (5.33%), Vitamin K: 5.57µg (5.3%), Vitamin D: 0.76µg (5.1%), Vitamin E: 0.72mg (4.77%), Vitamin B5: 0.35mg (3.53%), Zinc: 0.46mg (3.07%)