



Apple-Cranberry Kissel with Sweet Sour Cream

READY IN



160 min.

SERVINGS



6

CALORIES



449 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 2 cups 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 8 gingersnaps crushed
- ☐ 5 granny smith apples cored peeled chopped
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 3 tablespoons potato flour
- ☐ 1.5 cups cup heavy whipping cream sour

- ☐ 1 cup sugar
- ☐ 1 cup water cold

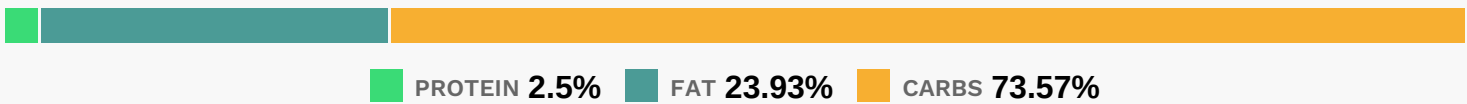
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Add the apples, cranberry juice, sugar and cinnamon to a saucepan. Bring to a boil over high heat. Reduce heat to low, cover, and simmer until the apples are very soft, about 10 minutes. Dissolve the potato starch in 1 cup cold water.
- ☐ Pour this slurry into the hot apple mixture, stirring constantly. Continue stirring until the kissel starts to bubble again, about 1 minute.
- ☐ Remove from the heat and pour into individual dessert dishes. Allow them to cool then refrigerate them for at least 2 hours.
- ☐ In a small bowl mix the sour cream with the brown sugar and lemon juice. To serve, put a good dollop of the sweet sour cream on top of the kissel and swirl it in with a spoon.
- ☐ Garnish with the crushed gingersnaps.

Nutrition Facts



Properties

Glycemic Index:27.18, Glycemic Load:34.52, Inflammation Score:-5, Nutrition Score:7.6130434741145%

Flavonoids

Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 11.42mg, Epicatechin: 11.42mg, Epicatechin: 11.42mg, Epicatechin: 11.42mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg

0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg 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: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg

Nutrients (% of daily need)

Calories: 448.79kcal (22.44%), Fat: 12.56g (19.33%), Saturated Fat: 6.09g (38.08%), Carbohydrates: 86.9g (28.97%), Net Carbohydrates: 82.56g (30.02%), Sugar: 72.12g (80.14%), Cholesterol: 33.92mg (11.31%), Sodium: 79.94mg (3.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.9%), Vitamin C: 15.82mg (19.18%), Fiber: 4.35g (17.38%), Manganese: 0.28mg (14.13%), Potassium: 386.58mg (11.05%), Vitamin B2: 0.19mg (11.01%), Vitamin E: 1.61mg (10.75%), Calcium: 96.22mg (9.62%), Vitamin A: 479.3IU (9.59%), Vitamin B6: 0.17mg (8.71%), Phosphorus: 86.46mg (8.65%), Vitamin K: 8.84µg (8.42%), Copper: 0.15mg (7.41%), Magnesium: 27.04mg (6.76%), Iron: 1.2mg (6.64%), Vitamin B1: 0.07mg (4.86%), Folate: 18.24µg (4.56%), Selenium: 3.05µg (4.36%), Vitamin B3: 0.73mg (3.63%), Vitamin B5: 0.35mg (3.55%), Zinc: 0.42mg (2.83%), Vitamin B12: 0.12µg (2.01%)