



## Apple Gratin

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



114 kcal

SIDE DISH

### Ingredients

- 0.3 cup apricot preserves
- 0.5 teaspoon ground nutmeg fresh grated
- 0.3 lb optional: lemon
- 2 tablespoons orange juice
- 1.3 pounds golden delicious apples cored peeled
- 0.3 cup sugar

### Equipment

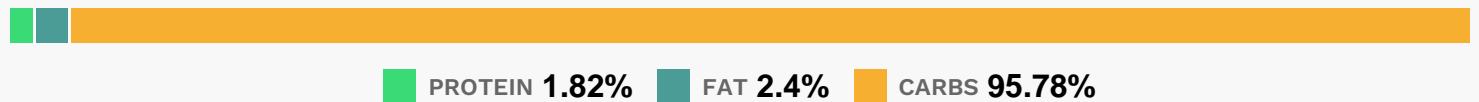
- frying pan

oven

## Directions

- Rinse lemon, slice off and discard ends, then cut fruit crosswise into paper-thin slices, and discard seeds.
- In a 10- to 12-inch nonstick frying pan over high heat, bring 1 cup water to a boil.
- Add lemon and cook for 1 minute.
- Drain. Repeat step.
- In pan, combine lemon and 1/4 cup sugar. Stir often over medium-high heat until liquid evaporates, 4 to 5 minutes; take care not to scorch fruit.
- Cut apples lengthwise into 3/4-inch slices. In a 10-inch-wide (about 8-cup) round quiche dish or shallow casserole, snugly arrange apples in a single layer. Tuck lemon pieces among apple slices. Spoon brandy over fruit.
- Mix remaining 2 tablespoons sugar with nutmeg, and sprinkle evenly over fruit.
- Bake in a 450 oven until fruit edges are tinged with dark brown, 25 to 30 minutes.
- Stir apricot jam to soften; dot evenly over fruit.
- Return dish to oven and bake until jam is bubbling, about 5 minutes. Spoon portions onto plates.

## Nutrition Facts



## Properties

Glycemic Index:41.6, Glycemic Load:9.91, Inflammation Score:-2, Nutrition Score:2.8308695321498%

## Flavonoids

Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.26mg, Catechin: 1.26mg, Catechin: 1.26mg, Catechin: 1.26mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 7.14mg, Epicatechin: 7.14mg, Epicatechin: 7.14mg, Epicatechin: 7.14mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Eriodictyol: 4.05mg, Eriodictyol: 4.05mg, Eriodictyol: 4.05mg, Eriodictyol: 4.05mg Hesperetin: 5.95mg,

Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg

## **Nutrients (% of daily need)**

Calories: 113.98kcal (5.7%), Fat: 0.34g (0.52%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 30.12g (10.04%), Net Carbohydrates: 27.25g (9.91%), Sugar: 23.42g (26.02%), Cholesterol: 0mg (0%), Sodium: 5.43mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.14%), Vitamin C: 18.07mg (21.9%), Fiber: 2.87g (11.49%), Potassium: 146.87mg (4.2%), Vitamin B6: 0.06mg (2.92%), Manganese: 0.05mg (2.43%), Copper: 0.05mg (2.36%), Vitamin K: 2.08µg (1.99%), Vitamin B2: 0.03mg (1.99%), Vitamin B1: 0.03mg (1.95%), Magnesium: 7.56mg (1.89%), Vitamin A: 86.9IU (1.74%), Folate: 6.84µg (1.71%), Iron: 0.3mg (1.64%), Phosphorus: 15.03mg (1.5%), Vitamin E: 0.21mg (1.42%), Calcium: 13.57mg (1.36%), Vitamin B5: 0.11mg (1.06%)