



Apple-Pecan Pie Maple Topping



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



23 min.

SERVINGS



10

CALORIES



106 kcal

DESSERT

Ingredients



12 oz apples frozen thawed



10 servings maple syrup



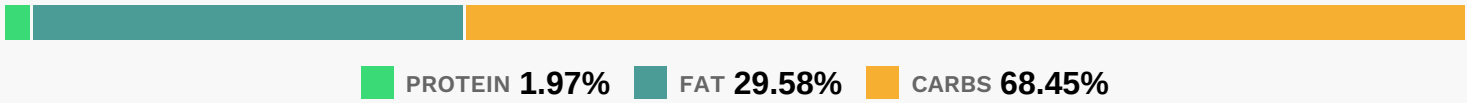
0.5 cup pecans toasted chopped

Equipment

Directions

- ☐
- Prepare Vanilla Maple Syrup as directed. Stir in thawed apples. Bring to a boil, reduce heat, and simmer 5 minutes. Stir in pecans.
- ☐
- Note: We tested with Stouffer's Harvest Apples.

Nutrition Facts



Properties

Glycemic Index:7.85, Glycemic Load:6.18, Inflammation Score:-1, Nutrition Score:3.6452173901641%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 2.6mg, Epicatechin: 2.6mg, Epicatechin: 2.6mg, Epicatechin: 2.6mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 105.89kcal (5.29%), Fat: 3.62g (5.57%), Saturated Fat: 0.32g (1.97%), Carbohydrates: 18.86g (6.29%), Net Carbohydrates: 17.57g (6.39%), Sugar: 15.72g (17.47%), Cholesterol: 0mg (0%), Sodium: 2.14mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.08%), Manganese: 0.69mg (34.73%), Vitamin B2: 0.27mg (15.84%), Fiber: 1.29g (5.17%), Vitamin B1: 0.05mg (3.44%), Copper: 0.07mg (3.43%), Magnesium: 11.89mg (2.97%), Potassium: 101.7mg (2.91%), Calcium: 27.31mg (2.73%), Zinc: 0.38mg (2.52%), Vitamin C: 1.62mg (1.96%), Phosphorus: 17.45mg (1.75%), Vitamin B6: 0.02mg (1.22%), Iron: 0.19mg (1.04%)