

# Apple Pudding

 Vegetarian

READY IN



60 min.

SERVINGS



10

CALORIES



174 kcal

DESSERT

## Ingredients

- 0.3 cup flour all-purpose
- 2 cups milk
- 1 pinch salt
- 1 cup sugar
- 6 tart apples cored peeled sliced

## Equipment

- oven
- baking pan

## Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Toss apples with flour, sugar and salt and place in a 9x9 inch baking dish.
- Pour enough milk into dish to come almost to the top of the apples, but not cover them.
- Bake in preheated oven 45 minutes, until apples are tender.

## Nutrition Facts

 PROTEIN **4.8%**  FAT **9.01%**  CARBS **86.19%**

## Properties

Glycemic Index:21.51, Glycemic Load:20.54, Inflammation Score:-2, Nutrition Score:3.7556521374246%

## Flavonoids

Cyanidin: 1.71mg, Cyanidin: 1.71mg, Cyanidin: 1.71mg, Cyanidin: 1.71mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 8.22mg, Epicatechin: 8.22mg, Epicatechin: 8.22mg, Epicatechin: 8.22mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

## Nutrients (% of daily need)

Calories: 174.44kcal (8.72%), Fat: 1.84g (2.83%), Saturated Fat: 0.94g (5.89%), Carbohydrates: 39.65g (13.22%), Net Carbohydrates: 36.95g (13.44%), Sugar: 33.67g (37.41%), Cholesterol: 5.86mg (1.95%), Sodium: 23.77mg (1.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.41%), Fiber: 2.71g (10.82%), Vitamin B2: 0.12mg (6.76%), Calcium: 67.25mg (6.72%), Phosphorus: 64.68mg (6.47%), Vitamin C: 5.02mg (6.09%), Potassium: 193.79mg (5.54%), Vitamin B1: 0.07mg (4.69%), Vitamin B12: 0.26µg (4.39%), Vitamin B6: 0.08mg (3.8%), Vitamin D: 0.54µg (3.58%), Manganese: 0.06mg (3.11%), Selenium: 2.11µg (3.01%), Magnesium: 12mg (3%), Vitamin A: 138.02IU (2.76%), Vitamin B5: 0.26mg (2.62%), Vitamin K: 2.56µg (2.44%), Folate: 8.99µg (2.25%), Copper: 0.04mg (1.79%), Zinc: 0.27mg (1.78%), Vitamin B3: 0.34mg (1.68%), Iron: 0.29mg (1.59%), Vitamin E: 0.22mg (1.49%)