



Apple Slump

 Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



172 kcal

SIDE DISH

Ingredients

- 6 cups apples thinly sliced
- 1.5 teaspoons double-acting baking powder
- 1 tablespoon butter
- 1 tablespoon flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg
- 0.5 cup milk
- 0.3 teaspoon salt

- 1 cup water boiling
- 1 cup granulated sugar white

Equipment

- bowl
- frying pan
- sauce pan

Directions

- Combine the apples, 1 cup sugar, cinnamon, and 1/2 cup water in a saucepan. Cover with a tight fitting lid and heat to boiling.
- In a medium bowl, sift together 1 1/2 cup flour, baking powder and salt. Stir in enough milk to make a soft dough.
- Drop dough by spoonfuls onto apples. Cover pan with lid and simmer over low heat for 30 minutes. DO NOT LIFT COVER UNTIL DONE!
- Serve with nutmeg sauce.
- To make the nutmeg sauce: In a saucepan, mix 1 cup sugar and 1 tablespoon flour. Stir in 1 cup boiling water and cook, stirring constantly until sauce bubbles.
- Add butter and simmer gently 5 minutes.
- Remove from heat and stir in nutmeg.
- Serve over each serving of apple slump.

Nutrition Facts



PROTEIN 1.92% **FAT 10.88%** **CARBS 87.2%**

Properties

Glycemic Index:54.01, Glycemic Load:21.88, Inflammation Score:-2, Nutrition Score:2.6765217262766%

Flavonoids

Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg

Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg 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 Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 171.78kcal (8.59%), Fat: 2.2g (3.39%), Saturated Fat: 1.24g (7.78%), Carbohydrates: 39.74g (13.25%), Net Carbohydrates: 37.3g (13.56%), Sugar: 35.48g (39.42%), Cholesterol: 5.59mg (1.86%), Sodium: 171.95mg (7.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.75%), Fiber: 2.44g (9.74%), Calcium: 72.93mg (7.29%), Vitamin C: 4.33mg (5.24%), Manganese: 0.09mg (4.42%), Phosphorus: 44.01mg (4.4%), Potassium: 126.79mg (3.62%), Vitamin B2: 0.06mg (3.27%), Vitamin B6: 0.05mg (2.44%), Vitamin A: 119.93IU (2.4%), Vitamin K: 2.31µg (2.2%), Vitamin B1: 0.03mg (2.16%), Magnesium: 7.64mg (1.91%), Copper: 0.04mg (1.78%), Iron: 0.28mg (1.54%), Vitamin E: 0.22mg (1.49%), Vitamin B12: 0.09µg (1.42%), Vitamin B5: 0.12mg (1.21%), Folate: 4.69µg (1.17%), Vitamin D: 0.17µg (1.12%), Selenium: 0.79µg (1.12%)