



Apple Snow



Vegetarian



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



248 kcal

SIDE DISH

Ingredients

- ☐ 6 large apples cored peeled chopped
- ☐ 1 egg white
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.5 teaspoon vanilla extract
- ☐ 3 tablespoons water
- ☐ 1 cup sugar white

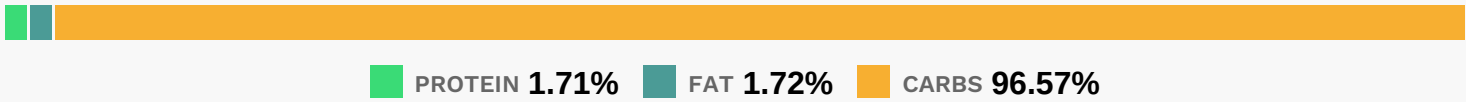
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ In a large saucepan or Dutch oven, combine apples and water and cook, covered, over low heat, until frothy, 15 to 30 minutes.
- ☐ Remove from heat and stir in sugar, cinnamon, cloves and vanilla.
- ☐ Let cool.
- ☐ In a medium bowl, whip the egg white until stiff peaks form. Fold into the cooled apple mixture.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:17.85, Glycemic Load:31.41, Inflammation Score:-3, Nutrition Score:3.9456521227308%

Flavonoids

Cyanidin: 3.5mg, Cyanidin: 3.5mg, Cyanidin: 3.5mg, Cyanidin: 3.5mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.9mg, Catechin: 2.9mg, Catechin: 2.9mg, Catechin: 2.9mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 16.79mg, Epicatechin: 16.79mg, Epicatechin: 16.79mg, Epicatechin: 16.79mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg

Nutrients (% of daily need)

Calories: 248.49kcal (12.42%), Fat: 0.51g (0.78%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 64.24g (21.41%), Net Carbohydrates: 58.77g (21.37%), Sugar: 56.54g (62.82%), Cholesterol: 0mg (0%), Sodium: 11.52mg (0.5%), Alcohol: 0.11g (100%), Alcohol %: 0.05% (100%), Protein: 1.14g (2.27%), Fiber: 5.47g (21.88%), Vitamin C: 10.26mg (12.44%), Manganese: 0.16mg (8%), Potassium: 249.49mg (7.13%), Vitamin B2: 0.09mg (5.11%), Vitamin K: 5.08µg

(4.83%), Vitamin B6: 0.09mg (4.62%), Copper: 0.07mg (3.3%), Magnesium: 12.13mg (3.03%), Vitamin E: 0.41mg (2.75%), Vitamin B1: 0.04mg (2.55%), Phosphorus: 25.49mg (2.55%), Vitamin A: 121.04IU (2.42%), Iron: 0.31mg (1.74%), Folate: 6.92µg (1.73%), Selenium: 1.21µg (1.73%), Calcium: 16.52mg (1.65%), Vitamin B5: 0.15mg (1.47%), Vitamin B3: 0.21mg (1.07%)