



Apples, No Pie, a la Mode



Vegetarian



Gluten Free

READY IN



18 min.

SERVINGS



4

CALORIES



430 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons brown sugar
- ☐ 3 tablespoons butter
- ☐ 1 inch ginger fresh minced grated
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 teaspoons juice of lemon
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 3 golden delicious apples cored sliced quartered
- ☐ 1 pint whipped cream

☐ 1 canister whipped cream

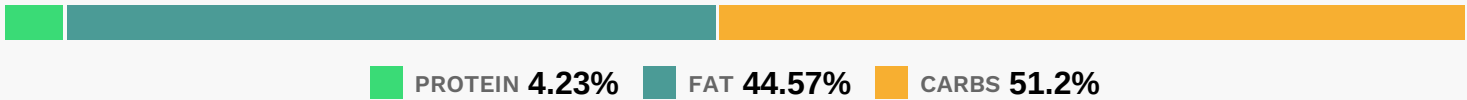
Equipment

☐ frying pan

Directions

- ☐ Heat a skillet over medium to medium-high heat.
- ☐ Add the ginger and apples to warm butter, squeeze a little lemon juice over the pan and saute 4 to 5 minutes.
- ☐ Add brown sugar, cinnamon, nutmeg to the apples and cook another 2 minutes. Spoon apples into dessert dishes and top with ice cream and whipped cream.
- ☐ Garnish whipped cream with a pinch more cinnamon or nutmeg.

Nutrition Facts



Properties

Glycemic Index:72, Glycemic Load:21.6, Inflammation Score:-6, Nutrition Score:7.8039129868798%

Flavonoids

Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg

Nutrients (% of daily need)

Calories: 429.82kcal (21.49%), Fat: 21.89g (33.67%), Saturated Fat: 13.54g (84.63%), Carbohydrates: 56.57g (18.86%), Net Carbohydrates: 52.13g (18.96%), Sugar: 48.17g (53.52%), Cholesterol: 74.81mg (24.94%), Sodium:

166.38mg (7.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.34%), Vitamin B2: 0.32mg (19.08%), Fiber: 4.44g (17.75%), Calcium: 175.52mg (17.55%), Vitamin A: 837.59IU (16.75%), Phosphorus: 143.71mg (14.37%), Potassium: 408.75mg (11.68%), Vitamin C: 8.07mg (9.78%), Vitamin B5: 0.8mg (8.03%), Vitamin B12: 0.48µg (8%), Manganese: 0.16mg (7.91%), Magnesium: 25.86mg (6.47%), Vitamin B6: 0.12mg (6.09%), Zinc: 0.9mg (6.02%), Vitamin E: 0.87mg (5.77%), Vitamin B1: 0.07mg (4.93%), Vitamin K: 4.26µg (4.05%), Copper: 0.08mg (3.78%), Selenium: 2.38µg (3.4%), Folate: 11.24µg (2.81%), Iron: 0.39mg (2.19%), Vitamin D: 0.24µg (1.58%), Vitamin B3: 0.3mg (1.5%)