



Baked Apple Rings with Caramel Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



241 kcal

DESSERT

Ingredients

- ☐ 0.3 cup apple cider
- ☐ 0.3 cup caramel sundae syrup fat-free divided
- ☐ 2 large egg whites lightly beaten
- ☐ 0.8 cup flour all-purpose
- ☐ 1 tablespoon granulated sugar
- ☐ 1 Dash nutmeg freshly grated
- ☐ 4 golden delicious apples cored peeled
- ☐ 0.3 teaspoon salt

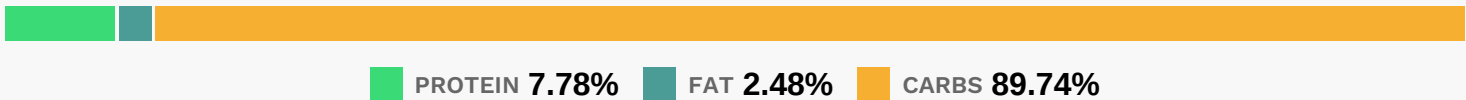
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ Slice apples crosswise into 1/2-inch slices. Set aside 8 largest slices; reserve remaining apple for another use.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, granulated sugar, salt, and nutmeg in a medium bowl. Stir in cider and egg whites (batter will be thick).
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat. Dip 4 apple slices in batter; place in pan. Cook 2 minutes on each side or until lightly browned. Arrange apple slices on a baking sheet coated with cooking spray; lightly coat apple slices with cooking spray. Repeat procedure with remaining apple slices.
- ☐ Bake apple slices at 400 for 10 minutes or until edges are crisp.
- ☐ Drizzle each of 4 plates with 1 tablespoon caramel sauce; top with 2 apple slices.
- ☐ Sprinkle with powdered sugar, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:71.96, Glycemic Load:22.61, Inflammation Score:-4, Nutrition Score:6.9426086907801%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 14.63mg, Epicatechin: 14.63mg, Epicatechin: 14.63mg, Epicatechin: 14.63mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.41mg, Quercetin: 7.41mg, Quercetin: 7.41mg

Nutrients (% of daily need)

Calories: 240.95kcal (12.05%), Fat: 0.69g (1.07%), Saturated Fat: 0.16g (0.98%), Carbohydrates: 56.51g (18.84%), Net Carbohydrates: 51.41g (18.7%), Sugar: 32.12g (35.69%), Cholesterol: 0mg (0%), Sodium: 224.04mg (9.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.8%), Fiber: 5.09g (20.37%), Selenium: 11.47µg (16.39%), Vitamin B1: 0.22mg (14.71%), Vitamin B2: 0.24mg (14.09%), Manganese: 0.25mg (12.74%), Folate: 49.48µg (12.37%), Vitamin C: 8.63mg (10.46%), Vitamin B3: 1.58mg (7.92%), Potassium: 276.86mg (7.91%), Iron: 1.35mg (7.52%), Phosphorus: 55.23mg (5.52%), Copper: 0.09mg (4.6%), Magnesium: 18.22mg (4.56%), Vitamin B6: 0.09mg (4.48%), Vitamin K: 4.07µg (3.88%), Vitamin B5: 0.28mg (2.77%), Calcium: 24.67mg (2.47%), Vitamin E: 0.35mg (2.34%), Vitamin A: 111.44IU (2.23%), Zinc: 0.25mg (1.68%)