



## Braised Apples



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



112 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 4 apples cored cut into wedges
- ☐ 2 tablespoons brown sugar
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons maple syrup
- ☐ 1 cup pinot noir chocolate brownies fruity such as pinot noir

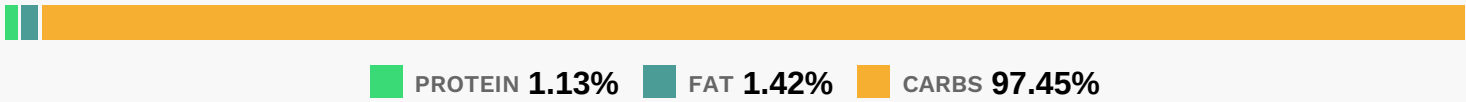
## Equipment

- ☐ frying pan

# Directions

- ☐ Combine first 3 ingredients in a large nonstick skillet; stir until mixed.
- ☐ Add apple, and cook, over medium-high heat, stirring often, 5 minutes or until apple begins to soften.
- ☐ Add wine, and cook, stirring often, 3 minutes or until apple is tender and liquid is slightly reduced.

## Nutrition Facts



## Properties

Glycemic Index:16.97, Glycemic Load:6.91, Inflammation Score:-2, Nutrition Score:1.9982608563226%

## Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg 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: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

## Nutrients (% of daily need)

Calories: 112.37kcal (5.62%), Fat: 0.15g (0.24%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 23.88g (7.96%), Net Carbohydrates: 21.68g (7.88%), Sugar: 19.68g (21.87%), Cholesterol: 0mg (0%), Sodium: 2.41mg (0.1%), Alcohol: 3.07g (100%), Alcohol %: 2.91% (100%), Protein: 0.28g (0.55%), Fiber: 2.19g (8.78%), Manganese: 0.15mg (7.65%), Vitamin B2: 0.09mg (5.24%), Vitamin C: 4.21mg (5.11%), Potassium: 115.34mg (3.3%), Vitamin B6: 0.04mg (1.99%), Vitamin K: 2µg (1.91%), Magnesium: 5.97mg (1.49%), Copper: 0.03mg (1.39%), Calcium: 13.72mg (1.37%), Vitamin B1: 0.02mg (1.25%), Vitamin E: 0.16mg (1.09%), Phosphorus: 10.34mg (1.03%)