



Brandied Apples and Pears



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



121 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup apple juice
- ☐ 2 rome apples cored peeled quartered
- ☐ 0.3 cup apricot preserves
- ☐ 2 bosc pears cored peeled quartered
- ☐ 3 tablespoons calvados (apple brandy)
- ☐ 0.3 cup golden raisins
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 golden delicious apples cored peeled quartered

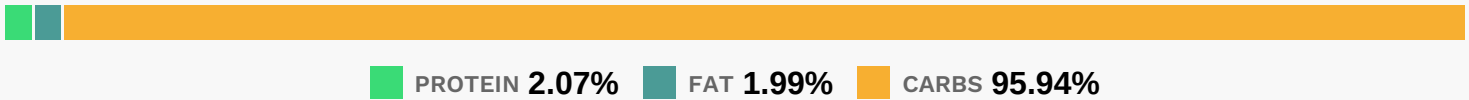
Equipment

☐ sauce pan

Directions

☐ Combine all ingredients in a heavy saucepan; cook over low heat 30 minutes or until fruit is soft, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:27.27, Glycemic Load:7.59, Inflammation Score:-2, Nutrition Score:2.9478260732215%

Flavonoids

Cyanidin: 2.35mg, Cyanidin: 2.35mg, Cyanidin: 2.35mg, Cyanidin: 2.35mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 8.91mg, Epicatechin: 8.91mg, Epicatechin: 8.91mg, Epicatechin: 8.91mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg

Nutrients (% of daily need)

Calories: 121.44kcal (6.07%), Fat: 0.27g (0.41%), Saturated Fat: 0.05g (0.28%), Carbohydrates: 28.76g (9.59%), Net Carbohydrates: 24.85g (9.04%), Sugar: 20.44g (22.72%), Cholesterol: 0mg (0%), Sodium: 5.25mg (0.23%), Alcohol: 1.88g (100%), Alcohol %: 1.48% (100%), Protein: 0.62g (1.24%), Fiber: 3.92g (15.66%), Vitamin C: 6.97mg (8.45%), Manganese: 0.12mg (6.03%), Potassium: 197.5mg (5.64%), Copper: 0.09mg (4.39%), Vitamin K: 4.2µg (4%), Vitamin B6: 0.07mg (3.41%), Vitamin B2: 0.05mg (2.77%), Magnesium: 10.08mg (2.52%), Phosphorus: 21.71mg (2.17%), Iron: 0.34mg (1.88%), Calcium: 16.47mg (1.65%), Vitamin E: 0.24mg (1.59%), Vitamin B1: 0.02mg (1.55%), Vitamin A: 76.24IU (1.52%), Folate: 6.07µg (1.52%), Vitamin B3: 0.22mg (1.09%)