



Broiled Apples

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



477 kcal

SIDE DISH

Ingredients

- ☐ 6 apples sweet such as rome beauties or empires-peeled, cored, and cut into 8 to 10 wedges firm
- ☐ 4 tablespoons butter melted
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup maple syrup
- ☐ 0.8 cup sugar
- ☐ 2 pints whipped cream

Equipment

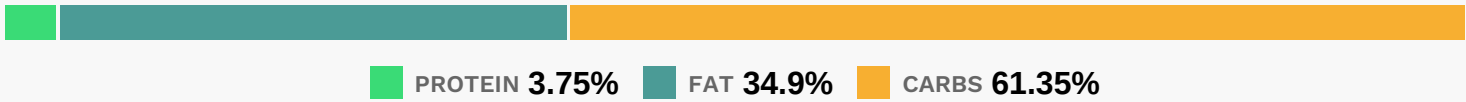
- ☐ baking sheet

- ☐ sauce pan
- ☐ broiler
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ To make it...Turn on broiler. Toss the apples with the lemon juice, butter, and all but 2 tablespoons of the sugar. (Can be made to this point up to 1 day ahead. Store in a resealable plastic bag and refrigerate.) Arrange on a baking sheet in a single layer. Broil the apples about 8 inches from the heat for 8 to 10 minutes or until tender.
- ☐ Sprinkle with the remaining 2 tablespoons of sugar and broil until melted. Meanwhile, heat the rum or maple syrup in a small saucepan over low heat.
- ☐ Serve the apples warm with vanilla ice cream.
- ☐ Drizzle with the warm rum or syrup.To fake it...and save 20 minutes
- ☐ Heat broiler. Dump the apples from two 12-ounce packages scalloped apples onto a broiler pan or baking sheet. Toss with the grated zest from 1 lemon.
- ☐ Spread the apples in a single layer and broil about 8 inches from the heat for 5 minutes or until bubbly. Meanwhile, heat 1/3 cup rum or 1/2 cup maple syrup in a small saucepan over low heat.
- ☐ Serve the apples warm with vanilla ice cream.
- ☐ Drizzle with the rum or syrup.

Nutrition Facts



Properties

Glycemic Index:31.2, Glycemic Load:37.9, Inflammation Score:-5, Nutrition Score:8.7004347676816%

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: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg
Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg
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: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg

Nutrients (% of daily need)

Calories: 476.69kcal (23.83%), Fat: 19.01g (29.24%), Saturated Fat: 11.67g (72.95%), Carbohydrates: 75.18g (25.06%), Net Carbohydrates: 71.04g (25.83%), Sugar: 66.29g (73.65%), Cholesterol: 67.1mg (22.37%), Sodium: 142.51mg (6.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.59g (9.18%), Vitamin B2: 0.5mg (29.25%), Manganese: 0.37mg (18.39%), Calcium: 176.71mg (17.67%), Fiber: 4.13g (16.54%), Vitamin A: 747.27IU (14.95%), Phosphorus: 141.72mg (14.17%), Vitamin C: 10.92mg (13.24%), Potassium: 424.17mg (12.12%), Vitamin B5: 0.79mg (7.92%), Vitamin B12: 0.47µg (7.89%), Magnesium: 26.95mg (6.74%), Zinc: 0.98mg (6.52%), Vitamin B6: 0.12mg (5.88%), Vitamin B1: 0.08mg (5.56%), Vitamin E: 0.78mg (5.19%), Vitamin K: 3.85µg (3.66%), Copper: 0.07mg (3.35%), Selenium: 2.32µg (3.32%), Folate: 12.25µg (3.06%), Iron: 0.3mg (1.69%), Vitamin D: 0.24µg (1.58%), Vitamin B3: 0.28mg (1.42%)