



Broiled Apples with Maple Calvados Sauce

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



421 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons calvados
- ☐ 4 gala apple cored peeled cut into 16 wedges
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup maple syrup pure
- ☐ 4 tablespoons sugar
- ☐ 2 tablespoons butter unsalted
- ☐ 4 servings whipped cream

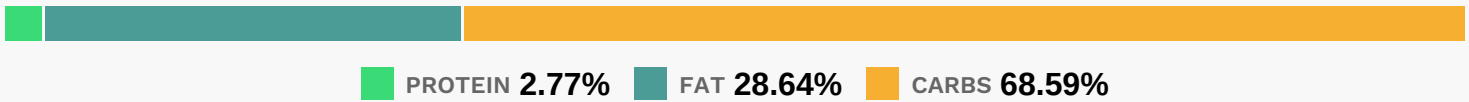
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Toss apples with lemon juice and 2 tablespoons sugar. Melt butter in a shallow baking pan 6 inches from heat.
- ☐ Remove from oven and tilt pan back and forth to coat bottom completely with butter. Arrange apples in 1 layer in pan. Broil apples 6 inches from heat until edges are pale golden and apples are just tender, 8 to 10 minutes.
- ☐ Sprinkle remaining 2 tablespoons sugar over apples and broil until sugar is melted, 1 to 2 minutes.
- ☐ While apples are broiling, boil maple syrup and Calvados 2 minutes.
- ☐ Serve apples and ice cream topped with sauce.

Nutrition Facts



Properties

Glycemic Index:53.65, Glycemic Load:30.84, Inflammation Score:-5, Nutrition Score:8.8382608475892%

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: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg 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 Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg 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: 7.35mg,

Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg

Nutrients (% of daily need)

Calories: 420.78kcal (21.04%), Fat: 13.32g (20.5%), Saturated Fat: 8.13g (50.84%), Carbohydrates: 71.78g (23.93%), Net Carbohydrates: 66.9g (24.33%), Sugar: 61.36g (68.18%), Cholesterol: 44.09mg (14.7%), Sodium: 58.15mg (2.53%), Alcohol: 2.51g (100%), Alcohol %: 1% (100%), Protein: 2.9g (5.79%), Manganese: 0.69mg (34.5%), Vitamin B2: 0.55mg (32.57%), Fiber: 4.88g (19.5%), Vitamin C: 14.67mg (17.78%), Calcium: 127.36mg (12.74%), Potassium: 404.23mg (11.55%), Vitamin A: 551.98IU (11.04%), Phosphorus: 92.52mg (9.25%), Magnesium: 25.03mg (6.26%), Vitamin B6: 0.11mg (5.68%), Vitamin B1: 0.08mg (5.34%), Vitamin B5: 0.52mg (5.22%), Zinc: 0.73mg (4.89%), Vitamin E: 0.71mg (4.74%), Vitamin B12: 0.27µg (4.49%), Vitamin K: 4.69µg (4.47%), Copper: 0.07mg (3.51%), Folate: 12.02µg (3.01%), Selenium: 1.35µg (1.92%), Iron: 0.33mg (1.83%), Vitamin D: 0.24µg (1.58%), Vitamin B3: 0.28mg (1.41%)