



WHATSheATE



Caramel Apple Topping



Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



69 kcal

DESSERT

Ingredients



3.5 cups apples peeled sliced



2 tablespoons butter



0.3 cup mrs richardson's butterscotch caramel sauce

Equipment

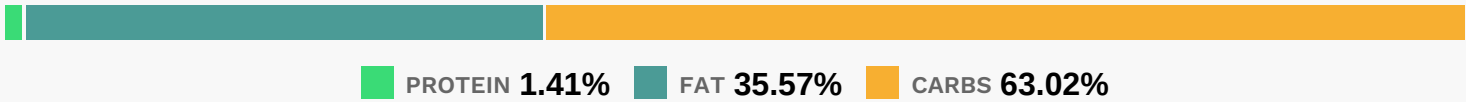


frying pan

Directions

- ☐ Melt butter in 10-inch skillet over medium heat. Stir in apples.
- ☐ Cook about 3 minutes, stirring frequently, until tender.
- ☐ Pour caramel topping over apples.
- ☐ Heat, stirring frequently, until warm.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:2, Inflammation Score:-2, Nutrition Score:1.0934782559457%

Flavonoids

Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.12mg, Epicatechin: 4.12mg, Epicatechin: 4.12mg, Epicatechin: 4.12mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 68.86kcal (3.44%), Fat: 2.91g (4.48%), Saturated Fat: 0.6g (3.75%), Carbohydrates: 11.6g (3.87%), Net Carbohydrates: 10.29g (3.74%), Sugar: 9.71g (10.79%), Cholesterol: 0mg (0%), Sodium: 57.63mg (2.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.52%), Fiber: 1.31g (5.25%), Vitamin A: 161.08IU (3.22%), Vitamin C: 2.56mg (3.1%), Potassium: 64.65mg (1.85%), Vitamin E: 0.21mg (1.4%), Vitamin K: 1.2µg (1.15%), Vitamin B6: 0.02mg (1.14%), Manganese: 0.02mg (1.13%)