



Caramel Apple Topping



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



1383 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 2.5 lb apples i use 2 granny smith apples peeled cut into 1/2-inch-thick wedges
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 cup sugar

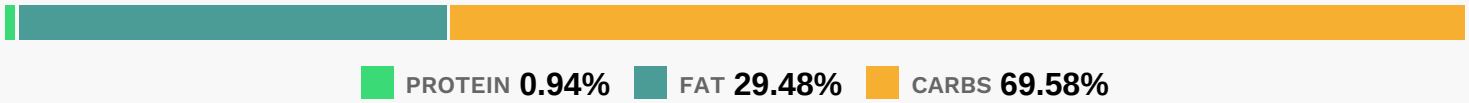
Equipment

- ☐ frying pan
- ☐ wooden spoon

Directions

- ☐ Melt butter in a large skillet over medium heat; add sugar and lemon juice, and cook, stirring constantly with a long-handled wooden spoon, 5 to 6 minutes or until mixture turns a light golden brown.
- ☐ Add apple wedges. Cook, stirring often, 15 to 18 more minutes or until apples are tender and caramelized.
- ☐ Remove from heat; cool 20 minutes.

Nutrition Facts



Properties

Glycemic Index:152.09, Glycemic Load:111.2, Inflammation Score:-9, Nutrition Score:19.863478204478%

Flavonoids

Cyanidin: 17.8mg, Cyanidin: 17.8mg, Cyanidin: 17.8mg, Cyanidin: 17.8mg Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg Catechin: 14.74mg, Catechin: 14.74mg, Catechin: 14.74mg, Catechin: 14.74mg Epigallocatechin: 2.95mg, Epigallocatechin: 2.95mg, Epigallocatechin: 2.95mg, Epigallocatechin: 2.95mg Epicatechin: 85.39mg, Epicatechin: 85.39mg, Epicatechin: 85.39mg, Epicatechin: 85.39mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 2.15mg, Epigallocatechin 3-gallate: 2.15mg, Epigallocatechin 3-gallate: 2.15mg, Epigallocatechin 3-gallate: 2.15mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Quercetin: 45.49mg, Quercetin: 45.49mg, Quercetin: 45.49mg, Quercetin: 45.49mg

Nutrients (% of daily need)

Calories: 1382.67kcal (69.13%), Fat: 48.28g (74.28%), Saturated Fat: 29.49g (184.31%), Carbohydrates: 256.47g (85.49%), Net Carbohydrates: 229.24g (83.36%), Sugar: 217.89g (242.1%), Cholesterol: 122.01mg (40.67%), Sodium: 377.29mg (16.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.9%), Fiber: 27.23g (108.92%), Vitamin C: 54.1mg (65.57%), Vitamin A: 2030.83IU (40.62%), Potassium: 1234.13mg (35.26%), Vitamin K: 28.92µg (27.54%), Vitamin B6: 0.47mg (23.45%), Vitamin E: 3.37mg (22.44%), Manganese: 0.4mg (20.07%), Vitamin B2: 0.33mg (19.64%), Copper: 0.31mg (15.7%), Magnesium: 58.13mg (14.53%), Phosphorus: 138.76mg (13.88%), Vitamin B1: 0.2mg (13.12%), Folate: 36.72µg (9.18%), Calcium: 82.96mg (8.3%), Iron: 1.43mg (7.92%), Vitamin B5: 0.76mg (7.61%), Vitamin B3: 1.06mg (5.3%), Zinc: 0.52mg (3.45%), Selenium: 1.17µg (1.67%), Vitamin B12: 0.1µg (1.61%)