



Caramelized Apples

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



18 min.

SERVINGS



6

CALORIES



202 kcal

DESSERT

Ingredients

- 0.3 cup firmly brown sugar dark packed
- 4 granny smith apples quartered
- 2 tablespoons olive oil
- 4 pink lady apples quartered
- 6 servings salt and pepper

Equipment

- frying pan

Directions

- Rub brown sugar on cut sides of apples; sprinkle with desired amount of salt and pepper.
- Cook apples in hot oil in a 12-inch skillet over medium-high heat 8 minutes or until caramelized and crisp-tender.

Nutrition Facts

 PROTEIN **1.18%**  FAT **20.95%**  CARBS **77.87%**

Properties

Glycemic Index:10.67, Glycemic Load:8.85, Inflammation Score:-3, Nutrition Score:4.2513043038223%

Flavonoids

Cyanidin: 3.81mg, Cyanidin: 3.81mg, Cyanidin: 3.81mg, Cyanidin: 3.81mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.15mg, Catechin: 3.15mg, Catechin: 3.15mg, Catechin: 3.15mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 18.27mg, Epicatechin: 18.27mg, Epicatechin: 18.27mg, Epicatechin: 18.27mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 9.73mg, Quercetin: 9.73mg, Quercetin: 9.73mg, Quercetin: 9.73mg

Nutrients (% of daily need)

Calories: 202.27kcal (10.11%), Fat: 5.08g (7.81%), Saturated Fat: 0.71g (4.45%), Carbohydrates: 42.48g (14.16%), Net Carbohydrates: 36.66g (13.33%), Sugar: 34.13g (37.92%), Cholesterol: 0mg (0%), Sodium: 198.88mg (8.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.28%), Fiber: 5.82g (23.3%), Vitamin C: 11.16mg (13.53%), Potassium: 271.93mg (7.77%), Vitamin K: 8.15µg (7.76%), Vitamin E: 1.11mg (7.39%), Vitamin B6: 0.1mg (5.16%), Manganese: 0.09mg (4.56%), Vitamin B2: 0.06mg (3.71%), Copper: 0.07mg (3.5%), Magnesium: 12.96mg (3.24%), Vitamin B1: 0.04mg (2.75%), Phosphorus: 27.06mg (2.71%), Vitamin A: 131.04IU (2.62%), Calcium: 22.33mg (2.23%), Iron: 0.38mg (2.13%), Folate: 7.37µg (1.84%), Vitamin B5: 0.16mg (1.6%), Vitamin B3: 0.23mg (1.15%)