



Caramelized Apples and Onions

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



11

CALORIES



58 kcal

Ingredients

- ☐ 3 tablespoons butter
- ☐ 2 cups granny smith apples diced
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt
- ☐ 4 cups onions diced sweet

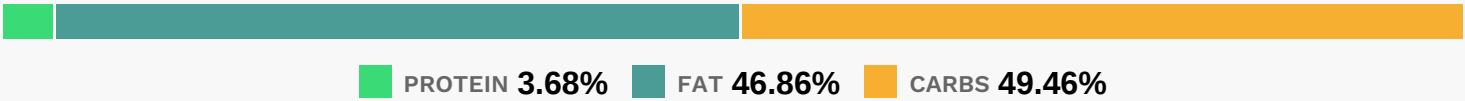
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in a skillet over medium-high heat; add onions, and saut 10 minutes or until golden. Stir in apples; saut 10 minutes or until caramel colored.
- ☐ Remove from heat; stir in salt and freshly ground pepper.

Nutrition Facts



Properties

Glycemic Index:10.36, Glycemic Load:0.84, Inflammation Score:-3, Nutrition Score:1.7326087206602%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 9.36mg, Quercetin: 9.36mg, Quercetin: 9.36mg, Quercetin: 9.36mg

Nutrients (% of daily need)

Calories: 57.93kcal (2.9%), Fat: 3.18g (4.9%), Saturated Fat: 1.97g (12.31%), Carbohydrates: 7.56g (2.52%), Net Carbohydrates: 6.48g (2.36%), Sugar: 5.29g (5.87%), Cholesterol: 8.21mg (2.74%), Sodium: 82.29mg (3.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.12%), Vitamin C: 3.84mg (4.65%), Fiber: 1.08g (4.32%), Vitamin B6: 0.09mg (4.26%), Folate: 14.19µg (3.55%), Manganese: 0.06mg (2.91%), Potassium: 95.09mg (2.72%), Vitamin A: 108.52IU (2.17%), Copper: 0.04mg (1.97%), Phosphorus: 19.2mg (1.92%), Vitamin B1: 0.03mg (1.86%), Magnesium: 6.53mg (1.63%), Calcium: 14.15mg (1.42%), Vitamin B2: 0.02mg (1.11%), Iron: 0.18mg (1.02%)