



Caramelized Quinces

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



318 kcal

SIDE DISH

Ingredients

- 0.5 cup apple cider
- 0.3 cup brown sugar packed
- 2 tablespoons butter cut into small pieces
- 0.3 cup granulated sugar
- 3 tablespoons juice of lemon fresh
- 2 tablespoons powdered sugar
- 48 ounce quinces peeled
- 0.1 teaspoon salt

0.3 cup whipping cream

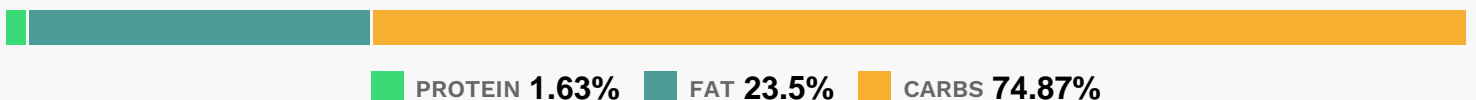
Equipment

- bowl
- frying pan
- oven
- whisk
- blender
- baking pan

Directions

- Preheat oven to 40
- Combine first 3 ingredients in a medium bowl, stirring well with a whisk.
- Place juice in another bowl. Working with 1 quince at a time, dip quince in juice, turning to coat; dredge quince in sugar mixture, turning to coat.
- Place quince, stem side up, in 8-inch square baking dish. Repeat procedure with remaining quinces, juice, and sugar mixture.
- Sprinkle quinces evenly with remaining sugar mixture.
- Pour cider in bottom of dish; place 1 teaspoon butter on top of each quince.
- Bake at 400 for 1 hour and 30 minutes or until quinces are golden brown and liquid is thick, basting every 30 minutes.
- Place 1 quince on each of 6 plates; drizzle quinces evenly with remaining syrup in pan.
- Place cream in a medium bowl; beat with a mixer at medium speed until soft peaks form.
- Add powdered sugar, 1 tablespoon at a time; continue beating until stiff peaks form.
- Serve quinces warm with whipped cream.
- Garnish with freshly grated nutmeg, if desired.

Nutrition Facts



Properties

Glycemic Index:32.64, Glycemic Load:19.28, Inflammation Score:0, Nutrition Score:6.809565257767%

Flavonoids

Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg Epicatechin: 2.45mg, Epicatechin: 2.45mg, Epicatechin: 2.45mg, Epicatechin: 2.45mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 317.98kcal (15.9%), Fat: 8.86g (13.64%), Saturated Fat: 5.47g (34.19%), Carbohydrates: 63.54g (21.18%), Net Carbohydrates: 59.17g (21.51%), Sugar: 28.02g (31.14%), Cholesterol: 24.97mg (8.32%), Sodium: 95.54mg (4.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.77%), Vitamin C: 37.18mg (45.06%), Fiber: 4.37g (17.48%), Copper: 0.31mg (15.33%), Potassium: 504.6mg (14.42%), Iron: 1.73mg (9.59%), Vitamin A: 402.35IU (8.05%), Vitamin B2: 0.1mg (5.97%), Magnesium: 21.7mg (5.42%), Vitamin B6: 0.11mg (5.37%), Phosphorus: 49.81mg (4.98%), Calcium: 47.13mg (4.71%), Vitamin B1: 0.05mg (3.61%), Selenium: 2.06µg (2.94%), Vitamin B5: 0.26mg (2.58%), Vitamin B3: 0.5mg (2.49%), Folate: 9.1µg (2.27%), Vitamin E: 0.24mg (1.62%), Vitamin D: 0.21µg (1.41%), Manganese: 0.02mg (1.2%)