



Cider-Poached Apples with Candied Walnuts, Rum Cream, and Cider Syrup

 Vegetarian  Gluten Free

READY IN



300 min.

SERVINGS



6

CALORIES



635 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 gallon apple cider
- ☐ 1 tablespoon rum dark
- ☐ 2 tablespoon cider boiled
- ☐ 1 large egg whites lightly beaten
- ☐ 3 pounds gala apple cored
- ☐ 1.5 tablespoon granulated sugar
- ☐ 0.5 cup cup heavy whipping cream chilled

- ☐ 0.5 optional: lemon
- ☐ 1 cup brown sugar light packed
- ☐ 1 tablespoon butter unsalted melted
- ☐ 0.3 teaspoon vanilla extract pure
- ☐ 4 ounces walnut pieces chopped

Equipment

- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ hand mixer

Directions

- ☐ Peel top third of each apple and rub peeled part with lemon half. Put apples in a wide 5-quart heavy pot and add cider and brown sugar. Bring to a boil, covered, over medium heat (this will take 25 to 30 minutes).
- ☐ Remove from heat and cool apples in cider, covered, about 1 hour.
- ☐ Preheat oven to 450°F with rack in lower third.
- ☐ Stir together all ingredients with a pinch of salt, then spread on a small baking sheet into a 10-inch round.
- ☐ Bake, rotating sheet halfway through, until golden, 5 to 6 minutes.
- ☐ Transfer to a rack and loosen nuts, then cool (nuts will crisp as they cool).
- ☐ Beat cream with sugar, rum, and vanilla using an electric mixer until it just holds soft peaks.
- ☐ Drain apples, reserving poaching liquid for another use. Put an apple on each plate and sprinkle with candied walnuts. Dollop cream next to each apple and drizzle (bottled) boiled cider all over.
- ☐ •Apples can be poached 2 days ahead and chilled. Before serving, bring to room temperature.
•Candied walnuts can be made 2 days ahead and kept in an airtight container.

Nutrition Facts



Properties

Glycemic Index:33.89, Glycemic Load:25.05, Inflammation Score:-6, Nutrition Score:12.175217314907%

Flavonoids

Cyanidin: 4.14mg, Cyanidin: 4.14mg, Cyanidin: 4.14mg, Cyanidin: 4.14mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 6.89mg, Catechin: 6.89mg, Catechin: 6.89mg, Catechin: 6.89mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 31.94mg, Epicatechin: 31.94mg, Epicatechin: 31.94mg, Epicatechin: 31.94mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 11.03mg, Quercetin: 11.03mg, Quercetin: 11.03mg, Quercetin: 11.03mg

Nutrients (% of daily need)

Calories: 635.47kcal (31.77%), Fat: 22.22g (34.18%), Saturated Fat: 7.06g (44.1%), Carbohydrates: 110.09g (36.7%), Net Carbohydrates: 102.5g (37.27%), Sugar: 93.99g (104.43%), Cholesterol: 27.43mg (9.14%), Sodium: 40.72mg (1.77%), Alcohol: 1.14g (100%), Alcohol %: 0.22% (100%), Protein: 5.1g (10.21%), Manganese: 0.99mg (49.3%), Fiber: 7.59g (30.37%), Vitamin C: 18.41mg (22.31%), Copper: 0.42mg (21.24%), Potassium: 734.53mg (20.99%), Magnesium: 63.05mg (15.76%), Vitamin B6: 0.28mg (14.04%), Phosphorus: 128.33mg (12.83%), Vitamin B2: 0.21mg (12.11%), Vitamin B1: 0.18mg (11.82%), Calcium: 104.22mg (10.42%), Vitamin A: 481.24IU (9.62%), Iron: 1.54mg (8.57%), Folate: 27.77µg (6.94%), Vitamin K: 6.3µg (6%), Vitamin E: 0.82mg (5.48%), Zinc: 0.81mg (5.38%), Vitamin B5: 0.53mg (5.3%), Selenium: 3.45µg (4.93%), Vitamin B3: 0.72mg (3.59%), Vitamin D: 0.35µg (2.35%)