



Cinnamon Apple Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



149 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon ground cinnamon
- ☐ 2 tart apples cored peeled sliced
- ☐ 2 tablespoons water
- ☐ 0.5 cup sugar white

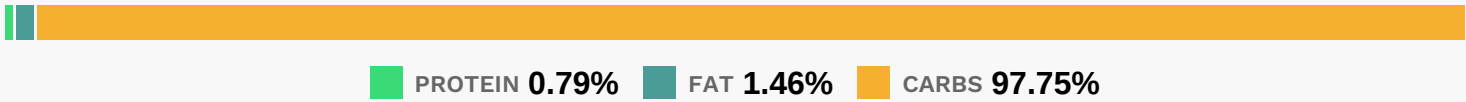
Equipment

- ☐ sauce pan

Directions

- ☐ In a saucepan, combine the apples, sugar, cinnamon and water. Stir to dissolve sugar, and bring to a boil. Reduce the heat to low, and simmer for 10 minutes, or until apples are soft and syrup has thickened.
- ☐ Serve over pancakes or ice cream.

Nutrition Facts



Properties

Glycemic Index:26.77, Glycemic Load:20.8, Inflammation Score:-1, Nutrition Score:2.6652173970057%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 148.51kcal (7.43%), Fat: 0.26g (0.4%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 39.07g (13.02%), Net Carbohydrates: 35.82g (13.03%), Sugar: 34.46g (38.29%), Cholesterol: 0mg (0%), Sodium: 1.74mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.63%), Manganese: 0.38mg (19.11%), Fiber: 3.25g (12.98%), Vitamin C: 4.26mg (5.17%), Potassium: 106.49mg (3.04%), Calcium: 25.98mg (2.6%), Vitamin K: 2.63µg (2.5%), Vitamin B6: 0.04mg (2.02%), Vitamin B2: 0.03mg (1.72%), Copper: 0.03mg (1.71%), Iron: 0.29mg (1.6%), Magnesium: 5.82mg (1.46%), Vitamin E: 0.21mg (1.4%), Phosphorus: 11.29mg (1.13%), Vitamin A: 55.04IU (1.1%), Vitamin B1: 0.02mg (1.06%)