



Cinnamon-Apple Wreath



Gluten Free



Dairy Free

READY IN



460 min.

SERVINGS



1

CALORIES



1473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 small apples
- ☐ 1 serving juice of lemon
- ☐ 1 serving wire rack
- ☐ 1 serving pam original flavor shopping list
- ☐ 6 cinnamon sticks
- ☐ 10 inches straw mushrooms
- ☐ 2 cinnamon sticks
- ☐ 1 serving celery stalks

☐ 1 serving bay leaves

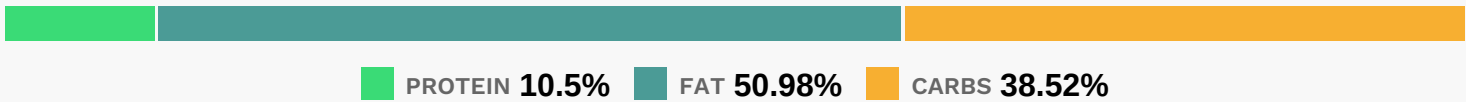
Equipment

☐ oven

Directions

- ☐ Heat oven to 200°F.
- ☐ Cut apples lengthwise from stem end through core into 1/4-inch slices. Dip apples into lemon juice to prevent browning; place on wire racks. Carefully place wire racks on oven rack.
- ☐ Bake 4 hours.
- ☐ Remove wire racks from oven and place on heatproof surface.
- ☐ Let apples stand about 2 hours or until completely dry.
- ☐ Place dried apples on waxed paper. Coat each side with 2 light coats of spray varnish, following manufacturer's directions.
- ☐ Tie 10-inch cinnamon sticks together. Attach to front of wreath with 6 inches of the ribbon. Glue dried apple slices and 3 1/2-inch cinnamon sticks to front and side of wreath, using glue gun. Attach leaves to ribbon on 10-inch cinnamon sticks. Make a bow with the remaining ribbon, and attach to wreath. Attach wire hanger if desired.

Nutrition Facts



Properties

Glycemic Index:74, Glycemic Load:33, Inflammation Score:-8, Nutrition Score:42.804782701575%

Flavonoids

Cyanidin: 14.04mg, Cyanidin: 14.04mg, Cyanidin: 14.04mg, Cyanidin: 14.04mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 11.62mg, Catechin: 11.62mg, Catechin: 11.62mg, Catechin: 11.62mg Epigallocatechin: 2.32mg, Epigallocatechin: 2.32mg, Epigallocatechin: 2.32mg, Epigallocatechin: 2.32mg Epicatechin: 67.32mg, Epicatechin: 67.32mg, Epicatechin: 67.32mg, Epicatechin: 67.32mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 1.7mg, Epigallocatechin 3-gallate: 1.7mg, Epigallocatechin 3-gallate: 1.7mg, Epigallocatechin 3-gallate: 1.7mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg

Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Quercetin: 35.91mg, Quercetin: 35.91mg, Quercetin: 35.91mg, Quercetin: 35.91mg

Nutrients (% of daily need)

Calories: 1472.83kcal (73.64%), Fat: 87.6g (134.76%), Saturated Fat: 38.04g (237.73%), Carbohydrates: 148.95g (49.65%), Net Carbohydrates: 111.67g (40.61%), Sugar: 93.97g (104.42%), Cholesterol: 188.63mg (62.88%), Sodium: 249.51mg (10.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.59g (81.18%), Manganese: 5.35mg (267.62%), Fiber: 37.28g (149.13%), Vitamin B12: 5.19µg (86.46%), Vitamin B3: 16.4mg (81.98%), Selenium: 46.47µg (66.39%), Vitamin C: 48.49mg (58.77%), Zinc: 7.81mg (52.08%), Phosphorus: 474.36mg (47.44%), Potassium: 1591.99mg (45.49%), Vitamin B2: 0.74mg (43.55%), Iron: 7.66mg (42.55%), Calcium: 383.61mg (38.36%), Vitamin B6: 0.71mg (35.62%), Copper: 0.6mg (29.89%), Vitamin B1: 0.41mg (27.57%), Magnesium: 110.16mg (27.54%), Vitamin K: 28.7µg (27.33%), Vitamin B5: 2.31mg (23.11%), Folate: 78.06µg (19.52%), Vitamin E: 2.73mg (18.21%), Vitamin A: 632.6IU (12.65%)