



Cinnamon Apples



Vegetarian



Gluten Free

READY IN



376 min.

SERVINGS



8

CALORIES



293 kcal

SIDE DISH

Ingredients



0.5 cup firmly brown sugar dark packed



0.3 cup butter melted



1 tablespoon cornstarch



6 medium granny smith apples peeled cut into eighths



2 teaspoons ground cinnamon



1 tablespoon juice of lemon



0.5 cup maple syrup



0.3 cup cranberries dried sweetened with craisins)

- ☐ 0.5 cup walnuts chopped
- ☐ 2 tablespoons water

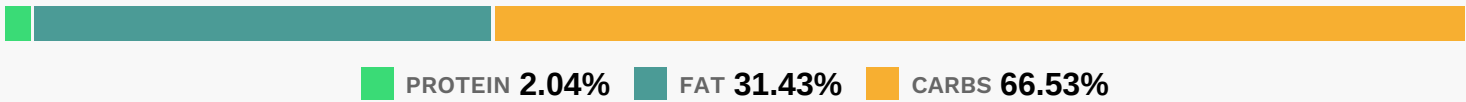
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Combine apples and lemon juice in a 4-quart slow cooker; toss well to coat.
- ☐ Add brown sugar and next 5 ingredients, combining well.
- ☐ Cover and cook on LOW 3 hours.
- ☐ Stir together water and cornstarch in a small bowl; stir into apples.
- ☐ Cover and cook on LOW 3 more hours or until apples are tender.
- ☐ Prep: 16 minutes, Cook: 6 hours
- ☐ Slow-Cooker Size: 4-quart

Nutrition Facts



Properties

Glycemic Index:17.94, Glycemic Load:10.04, Inflammation Score:-4, Nutrition Score:6.6873913387889%

Flavonoids

Cyanidin: 2.36mg, Cyanidin: 2.36mg, Cyanidin: 2.36mg, Cyanidin: 2.36mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin:

0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 293.38kcal (14.67%), Fat: 10.81g (16.62%), Saturated Fat: 4.14g (25.87%), Carbohydrates: 51.47g (17.16%), Net Carbohydrates: 47.23g (17.17%), Sugar: 42.6g (47.33%), Cholesterol: 15.25mg (5.08%), Sodium: 53.32mg (2.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.16%), Manganese: 0.87mg (43.36%), Vitamin B2: 0.31mg (18%), Fiber: 4.25g (16.99%), Vitamin C: 7.13mg (8.64%), Copper: 0.17mg (8.25%), Potassium: 249.55mg (7.13%), Magnesium: 24.62mg (6.15%), Calcium: 56mg (5.6%), Vitamin B6: 0.1mg (5.21%), Vitamin A: 254.03IU (5.08%), Phosphorus: 43.47mg (4.35%), Vitamin B1: 0.06mg (4.19%), Vitamin K: 4.14µg (3.94%), Vitamin E: 0.56mg (3.7%), Iron: 0.56mg (3.11%), Folate: 12.02µg (3%), Zinc: 0.45mg (2.98%), Vitamin B5: 0.16mg (1.63%), Vitamin B3: 0.27mg (1.35%)