



Crustless Apple Pie with Vanilla Ice Cream



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



237 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 juice of orange juiced
- ☐ 4 golden delicious apples cored peeled cut into 16ths
- ☐ 1 tablespoon butter unsalted
- ☐ 6 servings whipped cream

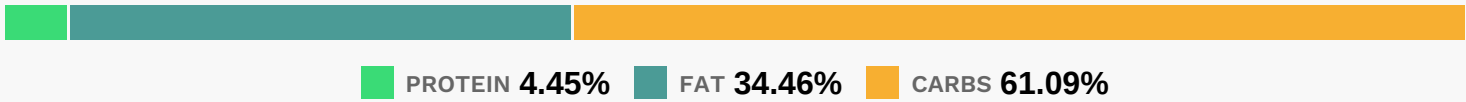
Equipment

- ☐ frying pan

Directions

- ☐
- In a medium heated skillet add the butter then add the apples. Cook for about 2 to 5 minutes then add the cinnamon, brown sugar and orange juice. Swirl the apples around to make sure they all get coated. Cook another 5 minutes until apples are soft and caramelize.
- ☐
- Serve warm with scoop of vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:14.18, Inflammation Score:-4, Nutrition Score:5.2069565679716%

Flavonoids

Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 9.14mg, Epicatechin: 9.14mg, Epicatechin: 9.14mg, Epicatechin: 9.14mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg

Nutrients (% of daily need)

Calories: 236.55kcal (11.83%), Fat: 9.38g (14.43%), Saturated Fat: 5.72g (35.73%), Carbohydrates: 37.42g (12.47%), Net Carbohydrates: 33.94g (12.34%), Sugar: 31.34g (34.82%), Cholesterol: 34.06mg (11.35%), Sodium: 55.51mg (2.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.45%), Fiber: 3.48g (13.93%), Vitamin C: 10.98mg (13.31%), Vitamin B2: 0.19mg (11.4%), Calcium: 98.41mg (9.84%), Phosphorus: 85.17mg (8.52%), Vitamin A: 422.18IU (8.44%), Potassium: 287.77mg (8.22%), Vitamin B5: 0.48mg (4.85%), Vitamin B6: 0.09mg (4.37%), Vitamin B12: 0.26µg (4.36%), Magnesium: 16.91mg (4.23%), Manganese: 0.08mg (4.05%), Vitamin B1: 0.06mg (3.79%), Zinc: 0.52mg (3.44%), Vitamin E: 0.48mg (3.19%), Vitamin K: 3.09µg (2.95%), Copper: 0.06mg (2.76%), Folate: 10.06µg (2.52%), Selenium: 1.27µg (1.82%), Iron: 0.27mg (1.49%), Vitamin B3: 0.23mg (1.17%), Vitamin D: 0.17µg (1.11%)