



Fried Apples



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



179 kcal

SIDE DISH

Ingredients

- ☐ 5 large apples cored cut into 1/2-inch-thick slices
- ☐ 3 tablespoons butter
- ☐ 8 servings ground cinnamon
- ☐ 0.7 cup sugar

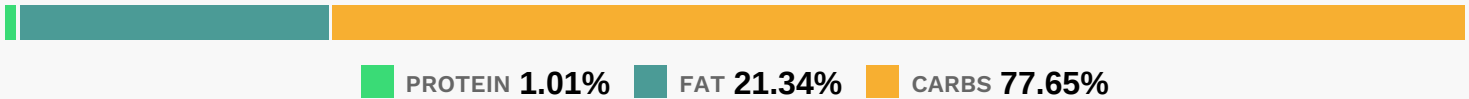
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in a large skillet; add a few apple slices at a time.
- ☐ Sprinkle apple slices lightly with sugar. Cover and cook 5 minutes or until apples are tender.
- ☐ Remove apples to a warm serving platter, and sprinkle with cinnamon . Repeat procedure with remaining apple rings .
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:19.64, Glycemic Load:16.75, Inflammation Score:-3, Nutrition Score:3.6095652074918%

Flavonoids

Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.81mg, Catechin: 1.81mg, Catechin: 1.81mg, Catechin: 1.81mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 10.49mg, Epicatechin: 10.49mg, Epicatechin: 10.49mg, Epicatechin: 10.49mg 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 Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 179.22kcal (8.96%), Fat: 4.57g (7.04%), Saturated Fat: 2.74g (17.15%), Carbohydrates: 37.45g (12.48%), Net Carbohydrates: 33.04g (12.02%), Sugar: 31.17g (34.64%), Cholesterol: 11.29mg (3.76%), Sodium: 35.52mg (1.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.97%), Manganese: 0.4mg (19.94%), Fiber: 4.41g (17.63%), Vitamin C: 6.49mg (7.86%), Potassium: 159.34mg (4.55%), Vitamin A: 212.36IU (4.25%), Vitamin K: 4.06µg (3.86%), Vitamin B6: 0.06mg (3.02%), Calcium: 29.83mg (2.98%), Vitamin E: 0.42mg (2.79%), Vitamin B2: 0.04mg (2.47%), Copper: 0.05mg (2.28%), Magnesium: 8.27mg (2.07%), Iron: 0.34mg (1.91%), Phosphorus: 17.87mg (1.79%), Vitamin B1: 0.02mg (1.63%), Folate: 4.46µg (1.11%)