



Fried Apples



Vegetarian



Gluten Free

READY IN



47 min.

SERVINGS



6

CALORIES



294 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 5 large granny smith apples cored peeled sliced
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 cup sugar

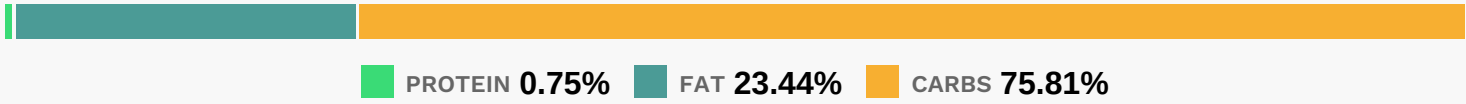
Equipment

- ☐ frying pan

Directions

- ☐ Melt 1/4 cup butter in a large skillet over medium-high heat.
- ☐ Add 5 large peeled, cored, and sliced Granny Smith apples; 1 cup sugar; 1 teaspoon ground cinnamon; and 1/4 teaspoon ground nutmeg. Saut 15 to 20 minutes or until apples are tender.

Nutrition Facts



Properties

Glycemic Index:37.85, Glycemic Load:30.07, Inflammation Score:-3, Nutrition Score:3.5391304790974%

Flavonoids

Cyanidin: 2.92mg, Cyanidin: 2.92mg, Cyanidin: 2.92mg, Cyanidin: 2.92mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.42mg, Catechin: 2.42mg, Catechin: 2.42mg, Catechin: 2.42mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 13.99mg, Epicatechin: 13.99mg, Epicatechin: 13.99mg, Epicatechin: 13.99mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg

Nutrients (% of daily need)

Calories: 294.04kcal (14.7%), Fat: 8.13g (12.5%), Saturated Fat: 4.94g (30.85%), Carbohydrates: 59.16g (19.72%), Net Carbohydrates: 54.51g (19.82%), Sugar: 52.63g (58.48%), Cholesterol: 20.34mg (6.78%), Sodium: 63.06mg (2.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.16%), Fiber: 4.65g (18.62%), Vitamin C: 8.56mg (10.38%), Vitamin A: 337.78IU (6.76%), Manganese: 0.13mg (6.35%), Potassium: 203.51mg (5.81%), Vitamin K: 4.85µg (4.62%), Vitamin B6: 0.08mg (3.86%), Vitamin E: 0.56mg (3.74%), Vitamin B2: 0.06mg (3.41%), Copper: 0.05mg (2.72%), Magnesium: 9.83mg (2.46%), Phosphorus: 23.1mg (2.31%), Vitamin B1: 0.03mg (2.16%), Calcium: 17.25mg (1.72%), Iron: 0.27mg (1.51%), Folate: 5.94µg (1.49%), Vitamin B5: 0.13mg (1.25%)