



WHATSheATE



German Fried Apples



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



156 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 onion red chopped
- ☐ 4 servings salt to taste
- ☐ 4 tart apples cored chopped

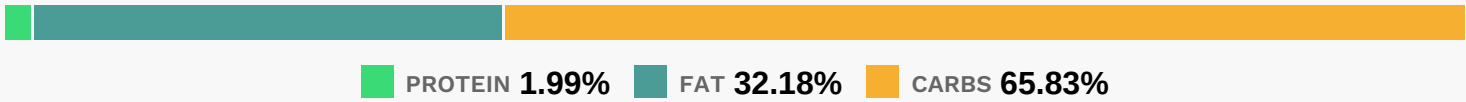
Equipment

- ☐ frying pan

Directions

- ☐ Heat the butter in a skillet over medium heat until the foam subsides. Cook and stir the onion until translucent, about 5 minutes.
- ☐ Add the apples, and cook and stir until the onion and apples are starting to brown and the apples are soft, about 10 more minutes.
- ☐ Sprinkle on salt to taste.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:7.21, Inflammation Score:-4, Nutrition Score:3.8060869529195%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg 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 Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 12.88mg, Quercetin: 12.88mg, Quercetin: 12.88mg, Quercetin: 12.88mg

Nutrients (% of daily need)

Calories: 155.83kcal (7.79%), Fat: 6.01g (9.25%), Saturated Fat: 3.66g (22.88%), Carbohydrates: 27.69g (9.23%), Net Carbohydrates: 22.85g (8.31%), Sugar: 20.1g (22.33%), Cholesterol: 15.05mg (5.02%), Sodium: 241.72mg (10.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.67%), Fiber: 4.84g (19.34%), Vitamin C: 10.41mg (12.61%), Potassium: 236.61mg (6.76%), Vitamin A: 273.76IU (5.48%), Vitamin B6: 0.11mg (5.39%), Manganese: 0.1mg (4.98%), Vitamin K: 4.6µg (4.38%), Vitamin B2: 0.06mg (3.36%), Vitamin E: 0.5mg (3.3%), Magnesium: 11.99mg (3%), Copper: 0.06mg (3%), Phosphorus: 29.67mg (2.97%), Vitamin B1: 0.04mg (2.93%), Folate: 10.9µg (2.72%), Calcium: 19.05mg (1.9%), Iron: 0.28mg (1.55%), Vitamin B5: 0.15mg (1.53%)