



WHATSheATE



Golden Apple Filling



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



310 kcal

SIDE DISH

Ingredients

- ☐ 20 ounce apples drained sliced canned
- ☐ 1 cup apricots dried diced
- ☐ 3 tablespoons firmly brown sugar packed
- ☐ 1 cup dates diced
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 cup water boiling

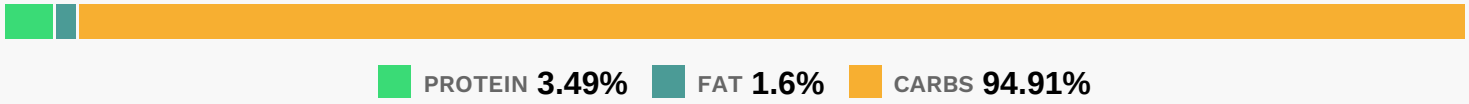
Equipment

- ☐ bowl

Directions

- ☐ Combine first 3 ingredients in a 2-cup glass measure; let stand at room temperature 1 hour.
- ☐ Combine sugar and flour in a medium bowl, stirring well.
- ☐ Add fruit mixture and apples to flour mixture, stirring until blended.

Nutrition Facts



Properties

Glycemic Index:48.1, Glycemic Load:27.08, Inflammation Score:-7, Nutrition Score:9.2630434450896%

Flavonoids

Cyanidin: 2.85mg, Cyanidin: 2.85mg, Cyanidin: 2.85mg, Cyanidin: 2.85mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 10.67mg, Epicatechin: 10.67mg, Epicatechin: 10.67mg, Epicatechin: 10.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg 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: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg

Nutrients (% of daily need)

Calories: 310.34kcal (15.52%), Fat: 0.61g (0.93%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 80.59g (26.86%), Net Carbohydrates: 71.72g (26.08%), Sugar: 64.14g (71.27%), Cholesterol: 0mg (0%), Sodium: 10.99mg (0.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.93%), Fiber: 8.87g (35.47%), Vitamin A: 1251.52IU (25.03%), Potassium: 787.74mg (22.51%), Manganese: 0.27mg (13.32%), Copper: 0.25mg (12.36%), Vitamin E: 1.68mg (11.23%), Iron: 1.73mg (9.64%), Magnesium: 35.93mg (8.98%), Vitamin B3: 1.78mg (8.9%), Vitamin B6: 0.17mg (8.57%), Vitamin C: 6.99mg (8.48%), Phosphorus: 67.89mg (6.79%), Vitamin B2: 0.11mg (6.64%), Folate: 24.87µg (6.22%), Vitamin B1: 0.09mg (6.15%), Selenium: 3.83µg (5.47%), Calcium: 50.8mg (5.08%), Vitamin B5: 0.51mg (5.07%), Vitamin K: 5.14µg (4.89%), Zinc: 0.34mg (2.25%)