



## Grilled Apple Slices with Caramel-Mascarpone Cream (Pacific Northwest)

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



719 kcal

SIDE DISH

### Ingredients

- 4 pippin apples cored cut into 1/2-inch-thick slices
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 0.3 cup hazelnuts toasted chopped (see Cook's Note)
- 0.3 cup heavy cream at room temperature
- 0.5 cup maple syrup
- 8 ounces mascarpone cheese at room temperature

- 3 tablespoons safflower oil
- 2 tablespoons butter unsalted at room temperature

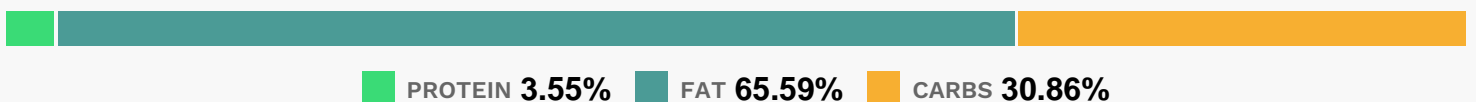
## Equipment

- bowl
- frying pan
- sauce pan
- whisk
- grill
- grill pan

## Directions

- Watch how to make this recipe.
- Place a grill pan over medium-high heat or preheat a gas or charcoal grill. Spray the grill pan with vegetable oil cooking spray.
- In a medium bowl, toss together the apple slices and safflower oil. Grill until lightly charred, about 2 minutes on each side. In a small bowl, combine the cinnamon and ginger.
- Sprinkle the cinnamon mixture over the grilled apple slices.
- For the cream: In a 1-quart saucepan, combine the maple syrup, cream and butter over medium-high heat. Bring to a boil and cook, until the mixture turns golden, about 4 minutes. Set the pan aside to cool slightly.
- Add the mascarpone cheese and whisk until the mixture is smooth.
- Divide the apple slices among 4 small plates.
- Drizzle with the cream.
- Sprinkle with the chopped hazelnuts and serve.

## Nutrition Facts



## Properties

Glycemic Index:22.13, Glycemic Load:16.66, Inflammation Score:-7, Nutrition Score:14.429130507552%

## Flavonoids

Cyanidin: 3.53mg, Cyanidin: 3.53mg, Cyanidin: 3.53mg, Cyanidin: 3.53mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.48mg, Catechin: 2.48mg, Catechin: 2.48mg, Catechin: 2.48mg Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg Epicatechin: 13.73mg, Epicatechin: 13.73mg, Epicatechin: 13.73mg, Epicatechin: 13.73mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

## Nutrients (% of daily need)

Calories: 718.99kcal (35.95%), Fat: 53.49g (82.28%), Saturated Fat: 24.2g (151.24%), Carbohydrates: 56.63g (18.88%), Net Carbohydrates: 50.69g (18.43%), Sugar: 43.96g (48.84%), Cholesterol: 88.56mg (29.52%), Sodium: 41.65mg (1.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.51g (13.02%), Manganese: 1.95mg (97.43%), Vitamin E: 5.73mg (38.2%), Vitamin B2: 0.6mg (35.38%), Vitamin A: 1290.76IU (25.82%), Fiber: 5.94g (23.76%), Calcium: 167.66mg (16.77%), Copper: 0.23mg (11.48%), Vitamin C: 9.13mg (11.07%), Potassium: 380.02mg (10.86%), Magnesium: 36.7mg (9.18%), Vitamin B1: 0.13mg (8.37%), Vitamin K: 7.45µg (7.1%), Vitamin B6: 0.14mg (7.05%), Phosphorus: 60.81mg (6.08%), Iron: 0.93mg (5.17%), Zinc: 0.68mg (4.52%), Folate: 17.69µg (4.42%), Vitamin B5: 0.25mg (2.54%), Vitamin D: 0.34µg (2.29%), Vitamin B3: 0.45mg (2.26%), Selenium: 1.07µg (1.52%)