



Grilled Apple Surprise

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 Tbsp brown sugar
- 4 oz philadelphia cream cheese softened ()
- 2 tsp ground mexican cinnamon (canela)
- 1 Tbsp powdered sugar
- 2 Tbsp raisins
- 3 small golden delicious apples red cored
- 6 rosemary sprigs fresh
- 0.7 cup cool whip whipped topping thawed

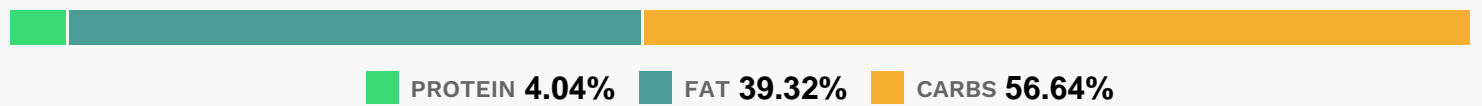
Equipment

- grill
- aluminum foil

Directions

- Heat grill to medium heat.
- Mix first 4 ingredients until well blended; spoon into centers of apples.
- Place 1 apple on each of 6 sheets heavy-duty foil; top with rosemary. Wrap foil around apples to make packets.
- Grill 20 min. or until apples are softened.
- Serve topped with powdered sugar and COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:4.09, Glycemic Load:1.02, Inflammation Score:-1, Nutrition Score:0.66608695621076%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 33.96kcal (1.7%), Fat: 1.56g (2.4%), Saturated Fat: 0.96g (6.03%), Carbohydrates: 5.07g (1.69%), Net Carbohydrates: 4.52g (1.64%), Sugar: 3.51g (3.9%), Cholesterol: 3.85mg (1.28%), Sodium: 13.91mg (0.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.36g (0.72%), Fiber: 0.55g (2.18%), Manganese: 0.04mg (2.06%), Vitamin A: 66.4IU (1.33%)