

Honey Apple Topping



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



59 kcal

SIDE DISH

Ingredients

- 0.3 cup apple juice
- 0.1 teaspoon ground cinnamon
- 2 tablespoons honey
- 2 baking apples are apples that have a sweet-tart balance and hold their shape when peeled chopped

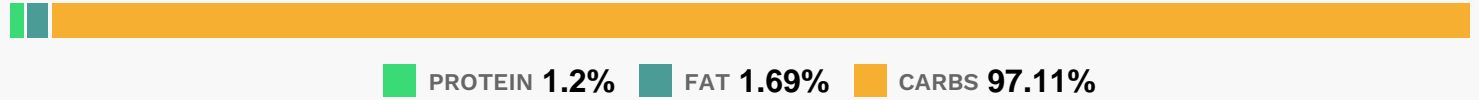
Equipment

- blender

Directions

- Combine all ingredients in a blender; process until smooth.
- Serve warm or cold over waffles or pancakes.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:5.84, Inflammation Score:-1, Nutrition Score:1.140869560773%

Flavonoids

Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 5.22mg, Epicatechin: 5.22mg, Epicatechin: 5.22mg, Epicatechin: 5.22mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 59.27kcal (2.96%), Fat: 0.12g (0.19%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 15.73g (5.24%), Net Carbohydrates: 14.21g (5.17%), Sugar: 13.38g (14.87%), Cholesterol: 0mg (0%), Sodium: 1.44mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.39%), Fiber: 1.52g (6.08%), Vitamin C: 2.95mg (3.58%), Potassium: 82.65mg (2.36%), Manganese: 0.04mg (2.22%), Vitamin B6: 0.03mg (1.45%), Vitamin K: 1.35µg (1.28%), Vitamin B2: 0.02mg (1.22%), Copper: 0.02mg (1.03%)