



Honeyed Apples with Ice Cream

 Gluten Free

READY IN



17 min.

SERVINGS



6

CALORIES



319 kcal

SIDE DISH

Ingredients

- ☐ 3 mcintosh apples cored peeled sliced
- ☐ 0.3 teaspoon cinnamon
- ☐ 0.3 cup honey
- ☐ 0.5 teaspoon juice of lemon
- ☐ 3 tablespoons butter unsalted
- ☐ 0.3 teaspoon vanilla extract
- ☐ 1 pint whipped cream

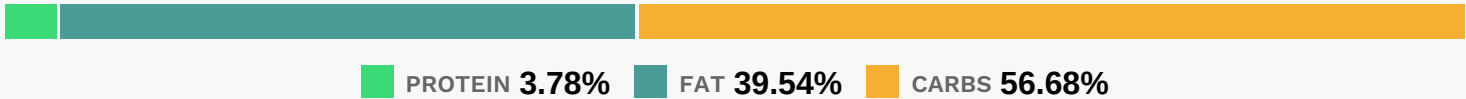
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Stir honey, lemon juice, vanilla, cinnamon, 2 Tbsp. butter and 1/4 cup water in a medium skillet, and bring to a boil over medium-high heat. Stir in apples. Reduce heat to medium and cook, stirring often, until apples are tender and liquid begins to thicken, about 7 minutes.
- ☐ Remove from heat and stir in remaining 1 Tbsp. butter.
- ☐ Transfer to a bowl and let cool for 10 minutes.
- ☐ Divide ice cream among 6 bowls. Top with apple mixture and serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.05, Glycemic Load:22.43, Inflammation Score:-4, Nutrition Score:5.0686956644058%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 318.79kcal (15.94%), Fat: 14.51g (22.32%), Saturated Fat: 8.98g (56.1%), Carbohydrates: 46.81g (15.6%), Net Carbohydrates: 43.99g (16%), Sugar: 41.68g (46.31%), Cholesterol: 49.75mg (16.58%), Sodium: 65.55mg (2.85%), Alcohol: 0.06g (100%), Alcohol %: 0.04% (100%), Protein: 3.12g (6.24%), Vitamin B2: 0.22mg (13.1%), Fiber: 2.82g (11.28%), Vitamin A: 556.35IU (11.13%), Calcium: 110.09mg (11.01%), Phosphorus: 95.35mg (9.53%), Potassium: 266.82mg (7.62%), Vitamin C: 4.92mg (5.96%), Vitamin B5: 0.54mg (5.35%), Vitamin B12: 0.32µg (5.32%), Zinc:

0.63mg (4.2%), Magnesium: 16.2mg (4.05%), Vitamin B6: 0.08mg (4.01%), Vitamin E: 0.57mg (3.77%), Manganese: 0.07mg (3.42%), Vitamin B1: 0.05mg (3.22%), Vitamin K: 2.75µg (2.62%), Copper: 0.05mg (2.55%), Selenium: 1.64µg (2.35%), Folate: 7.35µg (1.84%), Vitamin D: 0.26µg (1.75%), Iron: 0.27mg (1.49%), Vitamin B3: 0.2mg (1.01%)