



Ice Cream Topped with Applesauce and Cinnamon



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



2245 kcal

DESSERT

Ingredients

- ☐ 6 pounds apple varieties mixed cored peeled cut into eighths (Gala, Honeycrisp, Golden Delicious)
- ☐ 1 cup apple juice
- ☐ 2 scoops caramel ice cream (or both)
- ☐ 1 pinch cinnamon
- ☐ 1 teaspoon cinnamon
- ☐ 0.5 juice of lemon
- ☐ 0.5 cup brown sugar light

☐ 1 serving whipped cream for topping, optional

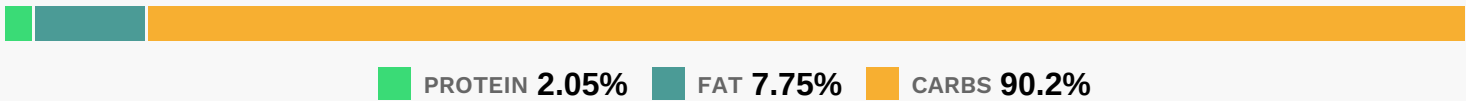
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender
- ☐ stove
- ☐ microwave

Directions

- ☐ Warm the Applesauce on the stove or in a microwave.
- ☐ Place the ice cream in a dish. Top with the Applesauce, sprinkle with cinnamon and top with whipped cream if desired.
- ☐ Throw the apples, apple juice and lemon juice into a pan and bring it to the boil over medium-high heat. Lower the heat and simmer until the apples are soft, about 15 minutes. Stir through the sugar and mix until melted.
- ☐ Add the cinnamon and stir through.
- ☐ Puree the mixture in a food processor, blender or food mill. If not using right away, leave to cool and then refrigerate.

Nutrition Facts



Properties

Glycemic Index:198.75, Glycemic Load:129.38, Inflammation Score:-10, Nutrition Score:42.860434775767%

Flavonoids

Cyanidin: 42.78mg, Cyanidin: 42.78mg, Cyanidin: 42.78mg, Cyanidin: 42.78mg Peonidin: 0.54mg, Peonidin: 0.54mg, Peonidin: 0.54mg, Peonidin: 0.54mg Catechin: 38.48mg, Catechin: 38.48mg, Catechin: 38.48mg, Catechin: 38.48mg Epigallocatechin: 7.08mg, Epigallocatechin: 7.08mg, Epigallocatechin: 7.08mg, Epigallocatechin: 7.08mg Epicatechin: 216.61mg, Epicatechin: 216.61mg, Epicatechin: 216.61mg, Epicatechin: 216.61mg Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg Epigallocatechin 3-gallate: 5.17mg, Epigallocatechin 3-gallate: 5.17mg, Epigallocatechin 3-gallate: 5.17mg, Epigallocatechin 3-gallate: 5.17mg

Epigallocatechin 3–gallate: 5.17mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 3.27mg, Luteolin: 3.27mg, Luteolin: 3.27mg, Luteolin: 3.27mg Kaempferol: 3.81mg, Kaempferol: 3.81mg, Kaempferol: 3.81mg, Kaempferol: 3.81mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 110.63mg, Quercetin: 110.63mg, Quercetin: 110.63mg, Quercetin: 110.63mg

Nutrients (% of daily need)

Calories: 2244.68kcal (112.23%), Fat: 20.87g (32.1%), Saturated Fat: 10.62g (66.39%), Carbohydrates: 546.22g (182.07%), Net Carbohydrates: 478.27g (173.92%), Sugar: 442.49g (491.65%), Cholesterol: 62.64mg (20.88%), Sodium: 174.39mg (7.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.41g (24.82%), Fiber: 67.95g (271.8%), Vitamin C: 134.1mg (162.55%), Potassium: 3605.28mg (103.01%), Manganese: 1.6mg (80.16%), Vitamin B6: 1.28mg (64.09%), Vitamin B2: 1.07mg (63.15%), Vitamin K: 61.07µg (58.16%), Calcium: 472.4mg (47.24%), Phosphorus: 467.68mg (46.77%), Magnesium: 179.74mg (44.93%), Copper: 0.86mg (42.85%), Vitamin A: 2076.33IU (41.53%), Vitamin B1: 0.58mg (38.34%), Vitamin E: 5.43mg (36.21%), Vitamin B5: 2.74mg (27.4%), Iron: 4.66mg (25.9%), Folate: 92.66µg (23.16%), Vitamin B3: 2.98mg (14.89%), Zinc: 2.15mg (14.35%), Vitamin B12: 0.53µg (8.87%), Selenium: 4.11µg (5.87%), Vitamin D: 0.29µg (1.92%)