



Ice Cream with Rum-Raisin Apple Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



249 kcal

Ingredients

- ☐ 6 ounce apple juice concentrate undiluted thawed canned
- ☐ 1.8 pounds granny smith apples halved cut into 1/4-inch wedges and (3 medium)
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.1 teaspoon ground ginger
- ☐ 3.5 cups whipped cream low-fat
- ☐ 0.5 cup raisins
- ☐ 2 tablespoons rum or white

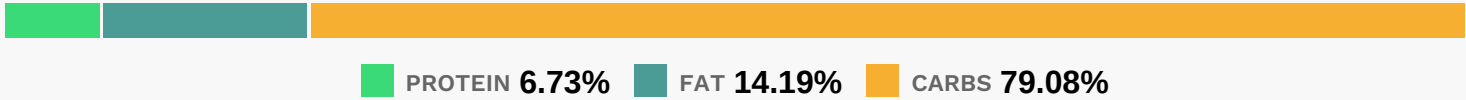
Equipment

☐ frying pan

Directions

- ☐ Combine first 4 ingredients in a large nonstick skillet. Bring to a boil. Reduce heat, and simmer 2 minutes, stirring constantly.
- ☐ Add apples and raisins; continue to simmer for 8 minutes or until apples are crisp-tender.
- ☐ Remove from heat; stir in rum.
- ☐ Serve warm over ice cream.

Nutrition Facts



Properties

Glycemic Index:24.65, Glycemic Load:17.59, Inflammation Score:-4, Nutrition Score:6.1073913004087%

Flavonoids

Cyanidin: 1.79mg, Cyanidin: 1.79mg, Cyanidin: 1.79mg, Cyanidin: 1.79mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 9.68mg, Epicatechin: 9.68mg, Epicatechin: 9.68mg, Epicatechin: 9.68mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg

Nutrients (% of daily need)

Calories: 249.22kcal (12.46%), Fat: 3.96g (6.1%), Saturated Fat: 2.29g (14.29%), Carbohydrates: 49.69g (16.56%), Net Carbohydrates: 45.82g (16.66%), Sugar: 31.41g (34.89%), Cholesterol: 20.52mg (6.84%), Sodium: 61.72mg (2.68%), Alcohol: 1.28g (100%), Alcohol %: 0.71% (100%), Protein: 4.23g (8.46%), Fiber: 3.87g (15.49%), Vitamin B2: 0.25mg (14.71%), Calcium: 137.55mg (13.75%), Potassium: 396.97mg (11.34%), Phosphorus: 100.73mg (10.07%), Manganese: 0.18mg (9.05%), Vitamin C: 6.92mg (8.38%), Vitamin A: 402.87IU (8.06%), Vitamin B12: 0.36µg (5.95%), Magnesium: 21.42mg (5.35%), Vitamin B6: 0.11mg (5.32%), Vitamin B1: 0.08mg (5.12%), Vitamin B5: 0.45mg (4.54%), Zinc: 0.64mg (4.23%), Copper: 0.08mg (4.08%), Iron: 0.62mg (3.43%), Vitamin K: 2.94µg (2.8%), Selenium: 1.64µg (2.34%), Folate: 8.3µg (2.08%), Vitamin E: 0.31mg (2.05%), Vitamin B3: 0.36mg (1.82%)