



Maple Apples with Ice Cream



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



494 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon cinnamon
- ☐ 2 granny smith apples cored peeled cut into 1/4-inch slices
- ☐ 0.3 cup maple syrup pure
- ☐ 2 tablespoons butter unsalted
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 pint whipped cream
- ☐ 0.5 cup walnuts chopped

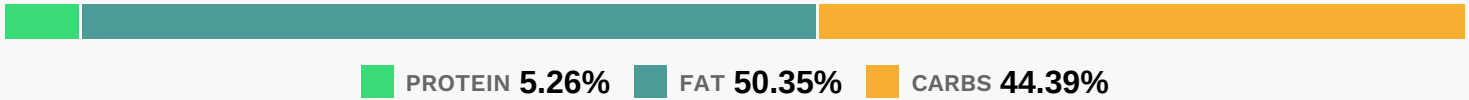
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place a medium skillet over medium heat.
- ☐ Add walnuts and cook, shaking pan often, until nuts are golden, 2 to 3 minutes.
- ☐ Transfer to a plate to cool.
- ☐ Melt butter in same skillet over medium heat.
- ☐ Add apples, cinnamon and vanilla and cook, stirring frequently, until apples are soft, about 5 minutes. Stir in maple syrup and continue to cook until syrup thickens, 1 to 2 minutes longer.
- ☐ Transfer to a bowl and set aside for 10 minutes to cool slightly.
- ☐ Divide ice cream among 4 bowls. Top with apples and sprinkle with walnuts.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:38.63, Glycemic Load:25, Inflammation Score:-6, Nutrition Score:11.806956560715%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg 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 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: 494.42kcal (24.72%), Fat: 28.38g (43.67%), Saturated Fat: 12.55g (78.44%), Carbohydrates: 56.31g (18.77%), Net Carbohydrates: 52.18g (18.98%), Sugar: 47.06g (52.28%), Cholesterol: 67.1mg (22.37%), Sodium:

98.49mg (4.28%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 6.67g (13.34%), Manganese: 1.05mg (52.43%), Vitamin B2: 0.59mg (34.59%), Calcium: 197.39mg (19.74%), Phosphorus: 186.69mg (18.67%), Fiber: 4.12g (16.5%), Vitamin A: 725.75IU (14.52%), Copper: 0.29mg (14.33%), Potassium: 446.05mg (12.74%), Magnesium: 48.79mg (12.2%), Zinc: 1.46mg (9.71%), Vitamin B6: 0.17mg (8.67%), Vitamin B1: 0.13mg (8.51%), Vitamin B5: 0.83mg (8.35%), Vitamin B12: 0.47µg (7.89%), Vitamin C: 5.1mg (6.18%), Folate: 23.2µg (5.8%), Vitamin E: 0.79mg (5.26%), Selenium: 2.92µg (4.18%), Iron: 0.69mg (3.81%), Vitamin K: 3.32µg (3.16%), Vitamin D: 0.34µg (2.28%), Vitamin B3: 0.41mg (2.04%)