



## Maple Cream Sauce with Apple

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



115 kcal

SAUCE

### Ingredients

- 1 tablespoon butter
- 0.5 pound fuji apple peeled sliced
- 0.3 teaspoon ground cinnamon
- 0.8 cup maple syrup
- 1 tablespoon whipping cream

### Equipment

- frying pan
- sauce pan

## Directions

- Melt butter in a medium saucepan over medium-high heat.
- Add apple to pan; saut 10 minutes or until tender. Stir in syrup; cook 2 minutes or until mixture bubbles.
- Remove from heat; stir in cream and cinnamon.

## Nutrition Facts

**PROTEIN 0.49%** **FAT 16.46%** **CARBS 83.05%**

## Properties

Glycemic Index:15.44, Glycemic Load:8.46, Inflammation Score:-1, Nutrition Score:3.5456520847004%

## Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

## Nutrients (% of daily need)

Calories: 115.32kcal (5.77%), Fat: 2.15g (3.3%), Saturated Fat: 1.34g (8.37%), Carbohydrates: 24.36g (8.12%), Net Carbohydrates: 23.64g (8.6%), Sugar: 21.09g (23.44%), Cholesterol: 5.88mg (1.96%), Sodium: 14.77mg (0.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.29%), Manganese: 0.72mg (35.76%), Vitamin B2: 0.39mg (23.23%), Calcium: 36.89mg (3.69%), Potassium: 100.73mg (2.88%), Fiber: 0.71g (2.85%), Magnesium: 7.96mg (1.99%), Vitamin A: 86.79IU (1.74%), Vitamin B1: 0.03mg (1.68%), Vitamin C: 1.32mg (1.6%), Zinc: 0.23mg (1.53%)