



Maple-Glazed Apples

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



249 kcal

SIDE DISH

Ingredients

- 0.3 cup cherries dried
- 0.3 teaspoon ground allspice
- 0.5 teaspoon ground cinnamon
- 0.3 cup maple syrup pure
- 0.3 cup pecans chopped
- 4 golden delicious apples cored peeled cut into wedge
- 0.5 teaspoon vanilla extract

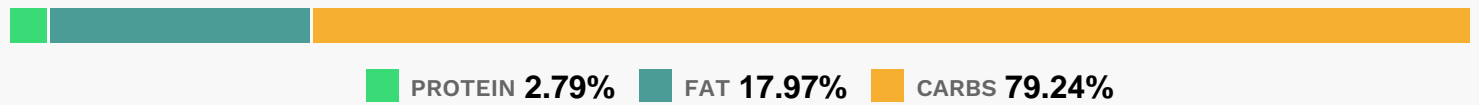
Equipment

- bowl
- frying pan

Directions

- Combine first 6 ingredients in a small bowl; set aside.
- Coat a large nonstick skillet with cooking spray; add apple.
- Pour syrup mixture over apple; stir well to coat completely. Cover and cook over medium heat, 30 minutes or until apples are tender, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:24.63, Glycemic Load:13.28, Inflammation Score:-5, Nutrition Score:7.8169565097145%

Flavonoids

Cyanidin: 3.59mg, Cyanidin: 3.59mg, Cyanidin: 3.59mg, Cyanidin: 3.59mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg Epicatechin: 13.76mg, Epicatechin: 13.76mg, Epicatechin: 13.76mg, Epicatechin: 13.76mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 248.67kcal (12.43%), Fat: 5.23g (8.04%), Saturated Fat: 0.48g (2.98%), Carbohydrates: 51.87g (17.29%), Net Carbohydrates: 45.73g (16.63%), Sugar: 40.58g (45.08%), Cholesterol: 0mg (0%), Sodium: 6.02mg (0.26%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 1.83g (3.66%), Manganese: 1.04mg (51.8%), Fiber: 6.13g (24.53%), Vitamin B2: 0.4mg (23.39%), Vitamin C: 8.51mg (10.31%), Vitamin A: 462.09IU (9.24%), Potassium: 286.17mg (8.18%), Copper: 0.13mg (6.64%), Vitamin B1: 0.09mg (6.26%), Magnesium: 23.36mg (5.84%), Calcium: 57.41mg (5.74%), Vitamin B6: 0.09mg (4.49%), Vitamin K: 4.32µg (4.11%), Phosphorus: 39.22mg (3.92%), Zinc: 0.58mg (3.84%), Iron: 0.61mg (3.41%), Vitamin E: 0.43mg (2.86%), Folate: 7.02µg (1.75%), Vitamin B5: 0.17mg (1.71%), Vitamin B3: 0.28mg (1.38%)