



Marinated Grilled Apples with Mint



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



98 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 3 slices granny smith apples cored ()
- ☐ 0.5 teaspoon ground ginger
- ☐ 2 tablespoons honey
- ☐ 0.7 cup orange juice fresh
- ☐ 1 teaspoon vanilla extract

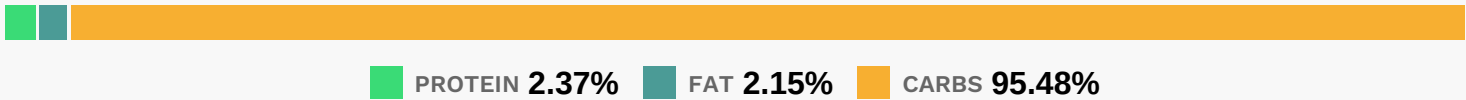
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine first 6 ingredients in a large zip-top plastic bag.
- ☐ Add apple slices; seal and marinate in refrigerator 1 to 2 hours, turning bag occasionally.
- ☐ Prepare grill.
- ☐ Remove apple from bag, reserving marinade.
- ☐ Place apple slices on grill rack coated with cooking spray; grill 3 minutes on each side, turning and basting frequently with reserved marinade. Arrange apple slices on a platter; drizzle with any remaining marinade.

Nutrition Facts



Properties

Glycemic Index:42.07, Glycemic Load:9.7, Inflammation Score:-3, Nutrition Score:3.7613043344539%

Flavonoids

Cyanidin: 1.28mg, Cyanidin: 1.28mg, Cyanidin: 1.28mg, Cyanidin: 1.28mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 6.16mg, Epicatechin: 6.16mg, Epicatechin: 6.16mg, Epicatechin: 6.16mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 5.07mg, Hesperetin: 5.07mg, Hesperetin: 5.07mg, Hesperetin: 5.07mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg

Nutrients (% of daily need)

Calories: 97.94kcal (4.9%), Fat: 0.25g (0.38%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 24.8g (8.27%), Net Carbohydrates: 22.57g (8.21%), Sugar: 20.73g (23.03%), Cholesterol: 0mg (0%), Sodium: 2.22mg (0.1%), Alcohol: 0.34g (100%), Alcohol %: 0.32% (100%), Protein: 0.62g (1.23%), Vitamin C: 24.88mg (30.16%), Fiber: 2.23g (8.93%),

Manganese: 0.16mg (7.95%), Potassium: 189.15mg (5.4%), Folate: 16.54µg (4.14%), Vitamin A: 180.67IU (3.61%),
Vitamin B1: 0.05mg (3.5%), Vitamin B6: 0.06mg (2.82%), Magnesium: 10.71mg (2.68%), Copper: 0.05mg (2.59%),
Vitamin B2: 0.04mg (2.5%), Vitamin K: 2.05µg (1.95%), Iron: 0.35mg (1.95%), Phosphorus: 18.03mg (1.8%), Vitamin
B3: 0.3mg (1.52%), Vitamin B5: 0.14mg (1.43%), Calcium: 14.07mg (1.41%), Vitamin E: 0.17mg (1.1%)