



## Minted Apples

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



347 kcal

SIDE DISH

### Ingredients

- 0.3 cup apple cider vinegar
- 0.3 cup add carrot and onion to bacon fat . cook
- 3 tablespoons butter
- 1 garlic clove minced
- 3 granny smith apples peeled sliced
- 2 tablespoons mint jelly
- 2 shallots thinly sliced
- 2 tablespoons sugar

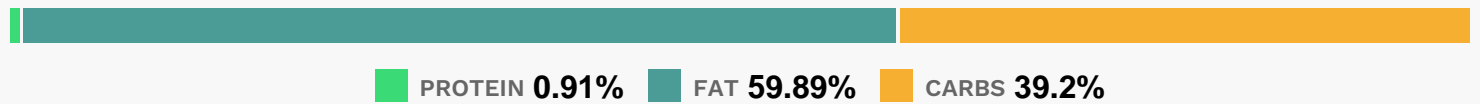
# Equipment

- frying pan

# Directions

- Melt butter in a large skillet over low heat; add shallots and garlic, and saut until tender. Stir in sugar.
- Add apple, and cook, stirring occasionally, 3 minutes or until lightly caramelized.
- Add vinegar, drippings, and jelly; cook, stirring occasionally, 6 to 8 minutes.
- Serve immediately, or chill, if desired; reheat just before serving.
- Sprinkle with fresh mint, if desired.

# Nutrition Facts



# Properties

Glycemic Index:63.02, Glycemic Load:9.83, Inflammation Score:-3, Nutrition Score:3.5760869720708%

# Flavonoids

Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg

# Nutrients (% of daily need)

Calories: 347.49kcal (17.37%), Fat: 23.5g (36.15%), Saturated Fat: 11.21g (70.03%), Carbohydrates: 34.6g (11.53%), Net Carbohydrates: 30.91g (11.24%), Sugar: 25.36g (28.17%), Cholesterol: 36.62mg (12.21%), Sodium: 98.99mg (4.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.61%), Fiber: 3.69g (14.77%), Vitamin C: 7.51mg (9.11%), Manganese: 0.15mg (7.33%), Vitamin A: 336.67IU (6.73%), Potassium: 207.99mg (5.94%), Vitamin B6:

0.11mg (5.44%), Vitamin E: 0.58mg (3.89%), Vitamin K: 3.85µg (3.67%), Phosphorus: 27.78mg (2.78%), Magnesium: 10.84mg (2.71%), Copper: 0.05mg (2.61%), Vitamin B2: 0.04mg (2.56%), Vitamin D: 0.37µg (2.46%), Vitamin B1: 0.03mg (2.18%), Folate: 8.68µg (2.17%), Iron: 0.37mg (2.06%), Calcium: 18.15mg (1.81%), Vitamin B5: 0.14mg (1.36%)