



Poached Apples with Vanilla Yogurt

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



385 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 medium braeburn apple cored peeled
- ☐ 1 cinnamon sticks
- ☐ 1.5 tablespoons honey
- ☐ 0.3 cup orange juice fresh
- ☐ 1.5 cups red wine fruity (such as Syrah or Zinfandel)
- ☐ 0.8 cup sugar
- ☐ 1 vanilla pod split
- ☐ 1 star anise whole

☐ 1 cup greek yogurt 2% greek-style

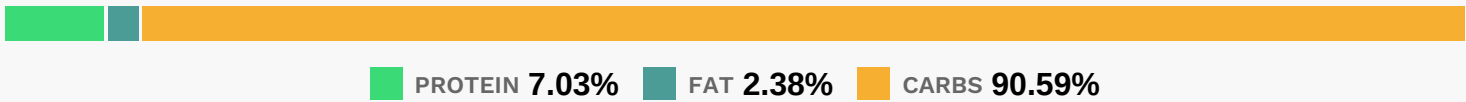
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ slotted spoon

Directions

- ☐ Combine wine, sugar, orange juice, orange peel, lemon peel, cinnamon stick, star anise, and 2 cups water in a large heavy saucepan over medium heat. Bring to a boil, stirring until sugar is dissolved.
- ☐ Add apples; reduce heat to low and simmer, occasionally rotating apples, until tender when pierced with a sharp knife, 25–30 minutes.
- ☐ Using a slotted spoon, transfer apples to a plate and set aside. Strain poaching liquid in pan into a small saucepan, discarding solids in strainer. Set saucepan over medium–high heat and simmer, stirring occasionally, until poaching liquid is syrupy and reduced to about 3/4 cup, 10–15 minutes (syrup will thicken as it cools).
- ☐ Combine yogurt and honey in a small bowl. Scrape in seeds from vanilla bean; whisk until the yogurt sauce is smooth and well blended.
- ☐ Divide yogurt sauce among plates.
- ☐ Place warm apples on top.
- ☐ Drizzle syrup over.
- ☐ Per serving: 323 calories, 1 g fat, 74 g carbohydrate
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:57.84, Glycemic Load:37.67, Inflammation Score:-6, Nutrition Score:7.5513043403625%

Flavonoids

Cyanidin: 3.03mg, Cyanidin: 3.03mg, Cyanidin: 3.03mg, Cyanidin: 3.03mg Petunidin: 1.78mg, Petunidin: 1.78mg, Petunidin: 1.78mg, Petunidin: 1.78mg Delphinidin: 1.81mg, Delphinidin: 1.81mg, Delphinidin: 1.81mg, Delphinidin: 1.81mg Malvidin: 12.46mg, Malvidin: 12.46mg, Malvidin: 12.46mg, Malvidin: 12.46mg Peonidin: 1.16mg, Peonidin: 1.16mg, Peonidin: 1.16mg, Peonidin: 1.16mg Catechin: 8.79mg, Catechin: 8.79mg, Catechin: 8.79mg, Catechin: 8.79mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 17.12mg, Epicatechin: 17.12mg, Epicatechin: 17.12mg, Epicatechin: 17.12mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 3.04mg, Hesperetin: 3.04mg, Hesperetin: 3.04mg, Hesperetin: 3.04mg Naringenin: 2.04mg, Naringenin: 2.04mg, Naringenin: 2.04mg, Naringenin: 2.04mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 8.29mg, Quercetin: 8.29mg, Quercetin: 8.29mg, Quercetin: 8.29mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 385.2kcal (19.26%), Fat: 0.89g (1.38%), Saturated Fat: 0.11g (0.72%), Carbohydrates: 76.42g (25.47%), Net Carbohydrates: 71.49g (26%), Sugar: 66.77g (74.18%), Cholesterol: 2.5mg (0.83%), Sodium: 24.44mg (1.06%), Alcohol: 9.54g (100%), Alcohol %: 3.1% (100%), Protein: 5.93g (11.87%), Vitamin C: 18.83mg (22.82%), Fiber: 4.93g (19.7%), Manganese: 0.36mg (17.81%), Vitamin B2: 0.23mg (13.71%), Potassium: 433.09mg (12.37%), Phosphorus: 114.21mg (11.42%), Calcium: 87.12mg (8.71%), Vitamin B6: 0.17mg (8.55%), Selenium: 5.48µg (7.83%), Magnesium: 28.78mg (7.2%), Vitamin B12: 0.35µg (5.83%), Iron: 0.93mg (5.14%), Vitamin K: 4.66µg (4.44%), Vitamin B1: 0.07mg (4.41%), Copper: 0.09mg (4.37%), Folate: 16.3µg (4.07%), Vitamin B5: 0.35mg (3.53%), Zinc: 0.52mg (3.5%), Vitamin A: 146.77IU (2.94%), Vitamin B3: 0.58mg (2.92%), Vitamin E: 0.36mg (2.41%)