



Poached Apples with Vanilla Yogurt



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



386 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 medium braeburn apple cored peeled
- ☐ 1 cinnamon sticks
- ☐ 1.5 tablespoons honey
- ☐ 1 strip optional: lemon white trimmed (pith)
- ☐ 2 strips orange zest white trimmed (pith)
- ☐ 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:64.22, Glycemic Load:37.67, Inflammation Score:-6, Nutrition Score:7.6278260168822%

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: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 3.11mg, Hesperetin: 3.11mg, Hesperetin: 3.11mg, Hesperetin: 3.11mg 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: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg 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: 385.75kcal (19.29%), Fat: 0.9g (1.38%), Saturated Fat: 0.11g (0.72%), Carbohydrates: 76.56g (25.52%), Net Carbohydrates: 71.58g (26.03%), Sugar: 66.77g (74.19%), Cholesterol: 2.5mg (0.83%), Sodium: 24.46mg (1.06%), Alcohol: 9.54g (100%), Alcohol %: 3.09% (100%), Protein: 5.94g (11.89%), Vitamin C: 19.64mg (23.81%), Fiber: 4.99g (19.94%), Manganese: 0.36mg (17.82%), Vitamin B2: 0.23mg (13.74%), Potassium: 434.5mg (12.41%), Phosphorus: 114.35mg (11.44%), Calcium: 87.99mg (8.8%), Vitamin B6: 0.17mg (8.61%), Selenium: 5.48µg (7.83%), Magnesium: 28.91mg (7.23%), Vitamin B12: 0.35µg (5.83%), Iron: 0.93mg (5.17%), Vitamin B1: 0.07mg (4.45%), Vitamin K: 4.66µg (4.44%), Copper: 0.09mg (4.39%), Folate: 16.47µg (4.12%), Vitamin B5: 0.36mg (3.56%), Zinc: 0.53mg (3.51%), Vitamin A: 148.93IU (2.98%), Vitamin B3: 0.59mg (2.94%), Vitamin E: 0.36mg (2.42%)