



Red Cinnamon Apples



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



264 kcal

SIDE DISH

Ingredients

- ☐ 12 apples firm
- ☐ 12 wooden craft sticks
- ☐ 1 teaspoon cinnamon flavoring
- ☐ 0.5 cup plus
- ☐ 1 teaspoon coloring red
- ☐ 2 cups sugar
- ☐ 1 cup water

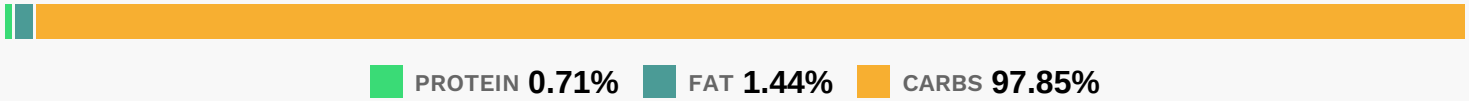
Equipment

- ☐ baking sheet
- ☐ candy thermometer

Directions

- ☐ Boil water, syrup, and sugar together until a brown caramel color is reached (at about 250 degrees F on a candy thermometer).
- ☐ Remove from the heat and add cinnamon and red coloring. Cool slightly. Meanwhile force a stick into the core of each apple. Dip the apples 1 at a time into the heavy red syrup, drain well, and place on a buttered baking sheet to cool.

Nutrition Facts



Properties

Glycemic Index:13.17, Glycemic Load:32, Inflammation Score:-2, Nutrition Score:3.2391304438529%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg

Nutrients (% of daily need)

Calories: 264.15kcal (13.21%), Fat: 0.45g (0.7%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 69.48g (23.16%), Net Carbohydrates: 64.96g (23.62%), Sugar: 63.16g (70.18%), Cholesterol: 0mg (0%), Sodium: 15.16mg (0.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.01%), Fiber: 4.52g (18.08%), Vitamin C: 8.5mg (10.31%), Potassium: 206.67mg (5.9%), Vitamin K: 5.23µg (4.98%), Manganese: 0.1mg (4.91%), Vitamin B6: 0.08mg (3.89%), Vitamin B2: 0.06mg (3.29%), Copper: 0.06mg (2.83%), Vitamin B1: 0.04mg (2.68%), Magnesium: 9.98mg (2.49%), Vitamin A: 116.73IU (2.33%), Vitamin E: 0.34mg (2.28%), Phosphorus: 21.09mg (2.11%), Folate: 6.91µg (1.73%), Calcium: 16.96mg (1.7%), Iron: 0.26mg (1.43%), Vitamin B5: 0.12mg (1.21%)