



Roasted Apples with Buttermilk Custard Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



379 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple cider
- ☐ 4 braeburn apples cored peeled cut in half lengthwise
- ☐ 4 tablespoons butter melted
- ☐ 6 servings buttermilk custard sauce
- ☐ 3 tablespoons juice of lemon
- ☐ 0.5 cup sugar divided
- ☐ 1 tablespoon vanilla extract pure

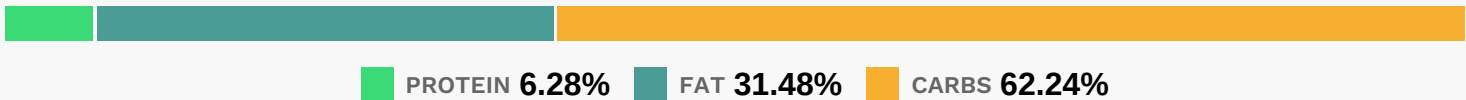
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Toss apples with lemon juice to coat evenly in a small bowl.
- ☐ Spread melted butter in an even layer in the bottom of a 15- x 10-inch jellyroll pan or large ovenproof skillet; sprinkle with 1/4 cup sugar.
- ☐ Transfer apples to jellyroll pan, cut side down, reserving any lemon juice remaining in bowl.
- ☐ Combine apple cider and vanilla with lemon juice left in the bowl; pour over the apples and into the pan.
- ☐ Sprinkle apples with remaining 1/4 cup sugar. Roast at 400 for 35 to 45 minutes or until apples are tender and juice mixture begins to caramelize, basting every 15 minutes.
- ☐ Serve warm in a pool of Buttermilk Custard Sauce and with the pan liquid spooned over the top.

Nutrition Facts



Properties

Glycemic Index:38.24, Glycemic Load:25.59, Inflammation Score:-5, Nutrition Score:8.968260905017%

Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 9.6mg, Epicatechin: 9.6mg, Epicatechin: 9.6mg, Epicatechin: 9.6mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 4.95mg, Quercetin:

4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg

Nutrients (% of daily need)

Calories: 378.61kcal (18.93%), Fat: 13.5g (20.77%), Saturated Fat: 7.7g (48.14%), Carbohydrates: 60.07g (20.02%), Net Carbohydrates: 57.11g (20.77%), Sugar: 37.46g (41.63%), Cholesterol: 91.98mg (30.66%), Sodium: 180.5mg (7.85%), Alcohol: 0.75g (100%), Alcohol %: 0.31% (100%), Protein: 6.06g (12.12%), Vitamin B2: 0.35mg (20.76%), Calcium: 207.15mg (20.72%), Phosphorus: 200.3mg (20.03%), Potassium: 445.13mg (12.72%), Vitamin B12: 0.75µg (12.48%), Selenium: 8.67µg (12.39%), Fiber: 2.95g (11.82%), Vitamin D: 1.69µg (11.28%), Vitamin A: 555.93IU (11.12%), Vitamin B5: 1.09mg (10.85%), Vitamin C: 8.71mg (10.56%), Magnesium: 30.01mg (7.5%), Vitamin B1: 0.11mg (7.41%), Vitamin B6: 0.15mg (7.3%), Zinc: 0.79mg (5.24%), Folate: 18.11µg (4.53%), Copper: 0.08mg (4.01%), Iron: 0.66mg (3.64%), Vitamin E: 0.53mg (3.55%), Vitamin K: 3.6µg (3.43%), Manganese: 0.07mg (3.31%), Vitamin B3: 0.32mg (1.62%)