



Rosemary-Scented Fried Apples

 Vegetarian  Gluten Free

READY IN



32 min.

SERVINGS



6

CALORIES



199 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 3 tablespoons butter
- ☐ 0.5 teaspoon rosemary fresh minced
- ☐ 1.8 lb granny smith apples peeled sliced
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 2 shallots minced

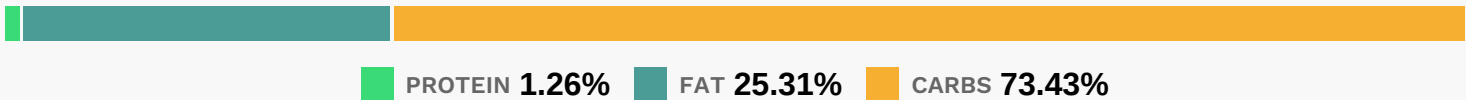
Equipment

☐ frying pan

Directions

- ☐ Melt butter in a 12-inch skillet over medium-high heat; add shallots, and saut 2 minutes. Stir in apples, and saut 5 minutes.
- ☐ Add brown sugar and remaining ingredients; saut 15 to 18 minutes or until apples are tender.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:5.63, Inflammation Score:-3, Nutrition Score:3.0743478283934%

Flavonoids

Cyanidin: 2.08mg, Cyanidin: 2.08mg, Cyanidin: 2.08mg, Cyanidin: 2.08mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 9.96mg, Epicatechin: 9.96mg, Epicatechin: 9.96mg, Epicatechin: 9.96mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg

Nutrients (% of daily need)

Calories: 199.46kcal (9.97%), Fat: 5.91g (9.1%), Saturated Fat: 3.64g (22.73%), Carbohydrates: 38.58g (12.86%), Net Carbohydrates: 35.13g (12.77%), Sugar: 33g (36.67%), Cholesterol: 15.05mg (5.02%), Sodium: 150.6mg (6.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.33%), Fiber: 3.45g (13.81%), Vitamin C: 6.75mg (8.19%), Potassium: 202.06mg (5.77%), Vitamin A: 247.18IU (4.94%), Manganese: 0.09mg (4.75%), Vitamin B6: 0.09mg (4.54%), Vitamin K: 3.54µg (3.37%), Calcium: 29.63mg (2.96%), Magnesium: 10.88mg (2.72%), Vitamin E: 0.4mg (2.7%), Copper: 0.05mg (2.69%), Iron: 0.43mg (2.41%), Phosphorus: 23.05mg (2.31%), Vitamin B2: 0.04mg (2.27%), Vitamin B1: 0.03mg (1.86%), Folate: 7.21µg (1.8%), Vitamin B5: 0.14mg (1.37%)