



Sautéed Apple over Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



311 kcal

DESSERT

Ingredients

- 3 tablespoons brandy
- 1 tablespoon butter
- 1.5 cups fuji apple peeled sliced
- 0.1 teaspoon ground ginger
- 0.3 teaspoon juice of lemon fresh
- 1 cup whipped cream reduced-fat
- 1 tablespoon sugar

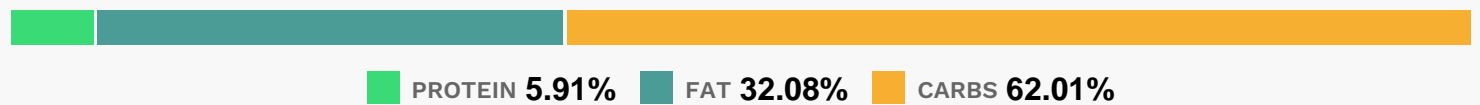
Equipment

frying pan

Directions

- Melt butter in a small nonstick skillet over medium heat.
- Add apple; cook 5 minutes or until lightly browned, stirring frequently.
- Add sugar, brandy, juice, and ginger; cook over medium-low heat 2 minutes or until apple is tender, stirring occasionally.
- Serve warm over ice cream.

Nutrition Facts



Properties

Glycemic Index:101.55, Glycemic Load:15.6, Inflammation Score:-5, Nutrition Score:5.0517391432887%

Flavonoids

Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 311.37kcal (15.57%), Fat: 9.53g (14.67%), Saturated Fat: 5.85g (36.59%), Carbohydrates: 41.47g (13.82%), Net Carbohydrates: 38.97g (14.17%), Sugar: 32.56g (36.18%), Cholesterol: 35.57mg (11.86%), Sodium: 102.51mg (4.46%), Alcohol: 7.51g (100%), Alcohol %: 4.62% (100%), Protein: 3.95g (7.9%), Vitamin B2: 0.22mg (13.11%), Calcium: 129.9mg (12.99%), Vitamin A: 566.11IU (11.32%), Fiber: 2.5g (9.99%), Phosphorus: 91.43mg (9.14%), Potassium: 262.94mg (7.51%), Vitamin C: 5.47mg (6.63%), Vitamin B12: 0.37µg (6.15%), Vitamin B5: 0.43mg (4.32%), Manganese: 0.08mg (4.13%), Zinc: 0.61mg (4.09%), Magnesium: 15.77mg (3.94%), Vitamin B1: 0.06mg (3.88%), Vitamin B6: 0.07mg (3.71%), Vitamin E: 0.42mg (2.82%), Vitamin K: 2.86µg (2.72%), Selenium: 1.7µg (2.42%), Copper: 0.04mg (2.2%), Folate: 7.72µg (1.93%), Iron: 0.3mg (1.64%), Vitamin B3: 0.21mg (1.04%)