



Skillet Apples with Cinnamon



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



264 kcal

SIDE DISH

Ingredients

- ☐ 8 apples cored chopped
- ☐ 0.5 cup brown sugar
- ☐ 0.3 cup butter
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg

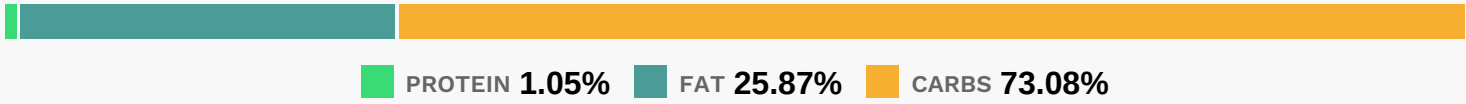
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in a large, heavy skillet over medium heat.
- ☐ Saute apples, brown sugar, cinnamon, and nutmeg in hot butter until tender and golden, 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:8.87, Inflammation Score:-4, Nutrition Score:4.4795652316964%

Flavonoids

Cyanidin: 3.81mg, Cyanidin: 3.81mg, Cyanidin: 3.81mg, Cyanidin: 3.81mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.15mg, Catechin: 3.15mg, Catechin: 3.15mg, Catechin: 3.15mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 18.27mg, Epicatechin: 18.27mg, Epicatechin: 18.27mg, Epicatechin: 18.27mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 9.73mg, Quercetin: 9.73mg, Quercetin: 9.73mg, Quercetin: 9.73mg

Nutrients (% of daily need)

Calories: 264.31kcal (13.22%), Fat: 8.11g (12.48%), Saturated Fat: 4.95g (30.95%), Carbohydrates: 51.59g (17.2%), Net Carbohydrates: 45.7g (16.62%), Sugar: 43.05g (47.84%), Cholesterol: 20.34mg (6.78%), Sodium: 68.4mg (2.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.48%), Fiber: 5.89g (23.54%), Vitamin C: 11.17mg (13.54%), Potassium: 286.96mg (8.2%), Vitamin A: 367.73IU (7.35%), Vitamin K: 6.03µg (5.74%), Manganese: 0.11mg (5.68%), Vitamin B6: 0.11mg (5.38%), Vitamin E: 0.66mg (4.39%), Vitamin B2: 0.07mg (3.91%), Copper: 0.08mg (3.76%), Magnesium: 14.18mg (3.54%), Calcium: 33.03mg (3.3%), Phosphorus: 29.93mg (2.99%), Vitamin B1: 0.04mg (2.8%), Iron: 0.43mg (2.4%), Folate: 7.82µg (1.95%), Vitamin B5: 0.18mg (1.83%), Vitamin B3: 0.25mg (1.24%)