

Skillet Fried Apples

 **Gluten Free** Image not found or type unknown

READY IN

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ready

25 min.

SERVINGS

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servings

4

CALORIES

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calories

349 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon apple pie spice
- ☐ 0.7 cup firmly brown sugar light packed
- ☐ 3 tablespoons butter
- ☐ 2.3 lb granny smith apples peeled sliced

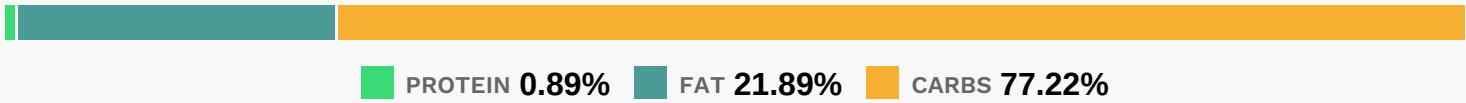
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in a 12-inch skillet over medium-high heat; add apples and remaining ingredients. Saut 15 to 20 minutes or until apples are tender.
- ☐ Skillet-Fried Balsamic Apples and Sweet Onion: Omit apple pie spice. Melt butter in a large skillet over medium-high heat; add 2 large sweet onions, sliced, and saut 5 minutes.
- ☐ Add apples, brown sugar, and 1/4 cup balsamic vinegar, and saut 15 to 20 minutes or until apples are tender. Makes 6 servings. Prep: 15 min., Cook: 20 min.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:9.31, Inflammation Score:-4, Nutrition Score:5.1682608775471%

Flavonoids

Cyanidin: 4.01mg, Cyanidin: 4.01mg, Cyanidin: 4.01mg, Cyanidin: 4.01mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.32mg, Catechin: 3.32mg, Catechin: 3.32mg, Catechin: 3.32mg Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg Epicatechin: 19.21mg, Epicatechin: 19.21mg, Epicatechin: 19.21mg, Epicatechin: 19.21mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Quercetin: 10.23mg, Quercetin: 10.23mg, Quercetin: 10.23mg, Quercetin: 10.23mg

Nutrients (% of daily need)

Calories: 349kcal (17.45%), Fat: 9.01g (13.86%), Saturated Fat: 5.5g (34.38%), Carbohydrates: 71.53g (23.84%), Net Carbohydrates: 65.34g (23.76%), Sugar: 62.15g (69.05%), Cholesterol: 22.58mg (7.53%), Sodium: 80.59mg (3.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.65%), Fiber: 6.2g (24.79%), Vitamin C: 11.85mg (14.37%), Manganese: 0.19mg (9.6%), Potassium: 327.61mg (9.36%), Vitamin A: 401.48IU (8.03%), Vitamin K: 6.49µg (6.18%), Vitamin B6: 0.12mg (6.1%), Calcium: 51.67mg (5.17%), Vitamin E: 0.71mg (4.75%), Copper: 0.09mg (4.43%), Magnesium: 16.95mg (4.24%), Vitamin B2: 0.07mg (4.15%), Iron: 0.67mg (3.71%), Phosphorus: 32.64mg (3.26%), Vitamin B1: 0.04mg (2.97%), Vitamin B5: 0.22mg (2.16%), Folate: 8.46µg (2.11%), Vitamin B3: 0.29mg (1.44%)