



WHATSheATE



Slow-Cooker Stewed Cinnamon Apples



Gluten Free



Dairy Free

READY IN



230 min.

SERVINGS



10

CALORIES



173 kcal

SIDE DISH

Ingredients

- ☐ 5 cups apples i use 2 granny smith apples peeled sliced (4 medium)
- ☐ 5 cups braeburn apple peeled sliced (4 medium)
- ☐ 0.3 cup butter melted
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.8 cup brown sugar packed
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 cup apple cider

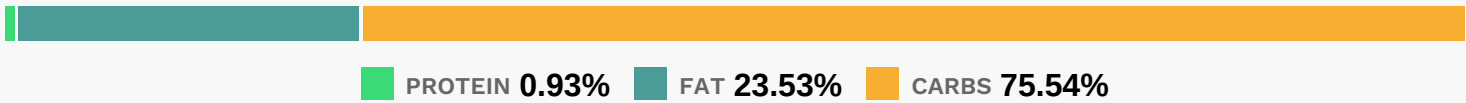
Equipment

☐ slow cooker

Directions

- ☐ Spray 5- to 6-quart slow cooker with cooking spray. In slow cooker, mix apples, butter and lemon juice.
- ☐ Sprinkle with brown sugar and cinnamon; toss to coat.
- ☐ Pour cider over apples.
- ☐ Cover; cook on Low heat setting 3 hours 30 minutes or until apples are tender.

Nutrition Facts



Properties

Glycemic Index:10.98, Glycemic Load:4.83, Inflammation Score:-3, Nutrition Score:2.8143478722676%

Flavonoids

Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg 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: 9.69mg, Epicatechin: 9.69mg, Epicatechin: 9.69mg, Epicatechin: 9.69mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg 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: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg

Nutrients (% of daily need)

Calories: 172.87kcal (8.64%), Fat: 4.8g (7.39%), Saturated Fat: 0.99g (6.17%), Carbohydrates: 34.68g (11.56%), Net Carbohydrates: 31.45g (11.44%), Sugar: 29.66g (32.95%), Cholesterol: 0mg (0%), Sodium: 59.69mg (2.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.86%), Fiber: 3.23g (12.93%), Vitamin C: 6.99mg (8.47%), Manganese: 0.13mg (6.44%), Vitamin A: 271.91IU (5.44%), Potassium: 168.85mg (4.82%), Vitamin B6: 0.06mg (3.08%), Vitamin E: 0.42mg (2.77%), Calcium: 27.56mg (2.76%), Vitamin K: 2.87µg (2.74%), Copper: 0.04mg (2.2%), Magnesium: 8.62mg (2.16%), Vitamin B2: 0.04mg (2.13%), Iron: 0.31mg (1.72%), Phosphorus: 16.62mg (1.66%), Vitamin B1: 0.02mg (1.59%), Folate: 4.6µg (1.15%), Vitamin B5: 0.11mg (1.11%)