

Spiced apple crisps



Gluten Free



Dairy Free



Popular

READY IN



60 min.

SERVINGS



1

CALORIES



202 kcal

Ingredients

- ☐ 2 apples i use 2 granny smith apples
- ☐ 1 serving cinnamon for sprinkling
- ☐ 1 serving cinnamon
- ☐ 1 serving suya seasoning mix dried
- ☐ 1 serving frangelico
- ☐ 1 serving frangelico

Equipment

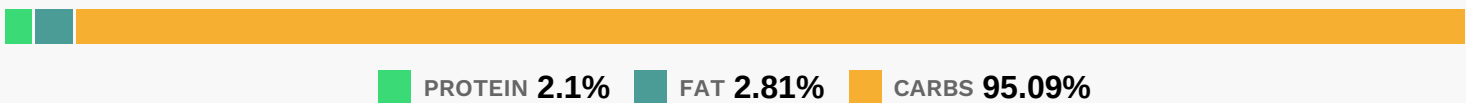
- ☐ baking sheet
- ☐ baking paper

☐ oven

Directions

- ☐ Heat the oven to 160C/ 140C fan/ gas mark
- ☐ Core the apple and slice through the equator into very thin slices 1 – 2mm thick. Dust with cinnamon and lay flat on a baking sheet lined with parchment paper.
- ☐ Cook for 45 mins 1 hour, turning halfway through and removing any crisps that have turned brown. Continue cooking until the apples have dried out and are light golden. Cool, store in an airtight container and enjoy as a snack.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:13.35, Inflammation Score:-5, Nutrition Score:8.938260798221%

Flavonoids

Cyanidin: 5.71mg, Cyanidin: 5.71mg, Cyanidin: 5.71mg, Cyanidin: 5.71mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.73mg, Catechin: 4.73mg, Catechin: 4.73mg, Catechin: 4.73mg Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg Epicatechin: 27.41mg, Epicatechin: 27.41mg, Epicatechin: 27.41mg, Epicatechin: 27.41mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Epigallocatechin 3–gallate: 0.69mg, Epigallocatechin 3–gallate: 0.69mg, Epigallocatechin 3–gallate: 0.69mg, Epigallocatechin 3–gallate: 0.69mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Quercetin: 14.6mg, Quercetin: 14.6mg, Quercetin: 14.6mg, Quercetin: 14.6mg

Nutrients (% of daily need)

Calories: 201.81kcal (10.09%), Fat: 0.71g (1.09%), Saturated Fat: 0.13g (0.82%), Carbohydrates: 54.14g (18.05%), Net Carbohydrates: 42.86g (15.59%), Sugar: 37.98g (42.2%), Cholesterol: 0mg (0%), Sodium: 4.29mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.39%), Fiber: 11.28g (45.14%), Manganese: 0.88mg (43.8%), Vitamin C: 16.92mg (20.51%), Vitamin K: 15.47µg (14.74%), Potassium: 419.32mg (11.98%), Vitamin B6: 0.17mg (8.3%), Calcium: 77.89mg (7.79%), Iron: 1.14mg (6.32%), Vitamin E: 0.93mg (6.2%), Vitamin B2: 0.1mg (5.97%), Copper: 0.12mg (5.91%), Magnesium: 23.3mg (5.83%), Vitamin A: 225.37IU (4.51%), Phosphorus: 44.08mg (4.41%), Vitamin B1: 0.06mg (4.3%), Folate: 13.53µg (3.38%), Vitamin B5: 0.25mg (2.46%), Vitamin B3: 0.43mg (2.15%), Zinc: 0.25mg (1.64%)