



## Spiced Apples and Raisins



Vegetarian



Gluten Free

READY IN



38 min.

SERVINGS



4

CALORIES



207 kcal

SIDE DISH

## Ingredients

- ☐ 0.8 cup apple juice concentrate frozen thawed
- ☐ 3 tablespoons brown sugar
- ☐ 1 pinch cardamom
- ☐ 1 pinch mustard dry
- ☐ 3 granny smith apples cored peeled sliced in 1/2-inch-thick wedges
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.5 juice of lemon

- ☐ 0.3 cup raisins
- ☐ 4 servings sea salt and pepper black freshly ground
- ☐ 1 Leaves from 2 thyme sprigs fresh
- ☐ 2 tablespoons butter unsalted

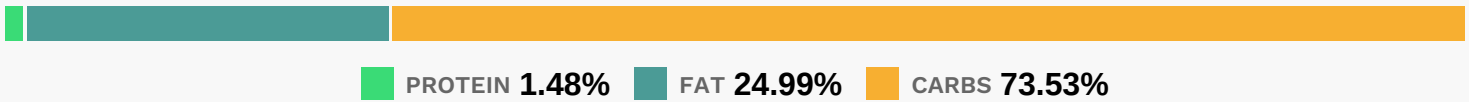
## Equipment

- ☐ frying pan

## Directions

- ☐ Watch how to make this recipe.
- ☐ Melt the butter in a clean skillet over medium-low heat.
- ☐ Add the apples and thyme and coat in the butter; cook and stir for 8 minutes to give them some color. Toss in the raisins and add the apple juice, stirring to scrape up the brown bits. Stir in the brown sugar, cinnamon, cloves, cardamom, and dry mustard; season with salt and pepper. Squeeze in the lemon juice to wake up the flavor and simmer for 10 minutes or until the apples break down and soften.
- ☐ Serve spiced apples and raisins with holiday pork, turkey or ham.

## Nutrition Facts



## Properties

Glycemic Index:54.64, Glycemic Load:10.93, Inflammation Score:-5, Nutrition Score:4.169130416668%

## Flavonoids

Cyanidin: 2.15mg, Cyanidin: 2.15mg, Cyanidin: 2.15mg, Cyanidin: 2.15mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.36mg, Catechin: 2.36mg, Catechin: 2.36mg, Catechin: 2.36mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 12.47mg, Epicatechin: 12.47mg, Epicatechin: 12.47mg, Epicatechin: 12.47mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

0.01mg, Apigenin: 0.01mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 206.91kcal (10.35%), Fat: 6.15g (9.45%), Saturated Fat: 3.67g (22.97%), Carbohydrates: 40.69g (13.56%), Net Carbohydrates: 36.49g (13.27%), Sugar: 27.52g (30.58%), Cholesterol: 15.05mg (5.02%), Sodium: 9.53mg (0.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.64%), Fiber: 4.2g (16.81%), Manganese: 0.24mg (12%), Vitamin C: 9.07mg (10.99%), Potassium: 292.09mg (8.35%), Vitamin A: 262.4IU (5.25%), Vitamin B6: 0.09mg (4.49%), Copper: 0.08mg (4.05%), Vitamin B2: 0.07mg (3.84%), Magnesium: 15mg (3.75%), Vitamin K: 3.89µg (3.7%), Iron: 0.63mg (3.49%), Vitamin B1: 0.05mg (3.13%), Phosphorus: 30.15mg (3.02%), Vitamin E: 0.45mg (2.97%), Calcium: 28.08mg (2.81%), Folate: 5.99µg (1.5%), Vitamin B3: 0.3mg (1.48%), Vitamin B5: 0.14mg (1.4%), Selenium: 0.82µg (1.17%)