



Toffee and Cinnamon Apples



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



554 kcal

SIDE DISH

Ingredients

- ☐ 4 apples cored peeled cut into thin wedges
- ☐ 0.5 cup butter
- ☐ 10 caramels
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 4 tablespoons heavy cream
- ☐ 0.5 cup pecans
- ☐ 2 tablespoons sugar white

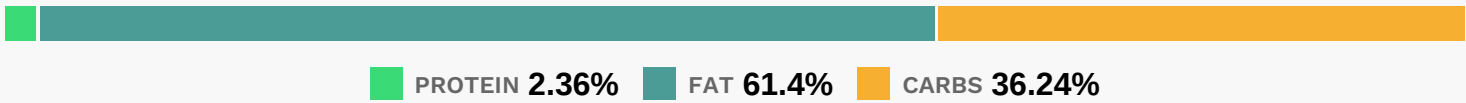
Equipment

☐ frying pan

Directions

- ☐ In large skillet over medium heat, stir together butter, sugar and cinnamon until sugar is dissolved.
- ☐ Place apples in pan and stir and cook until apples begin to soften and color, 5 minutes. Stir in caramels, reduce heat, and stir until caramels are melted. Stir in cream and pecans and simmer 1 minute more.
- ☐ Remove from heat and cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:58.02, Glycemic Load:23.41, Inflammation Score:-6, Nutrition Score:8.6021739296291%

Flavonoids

Cyanidin: 4.19mg, Cyanidin: 4.19mg, Cyanidin: 4.19mg, Cyanidin: 4.19mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 3.26mg, Catechin: 3.26mg, Catechin: 3.26mg, Catechin: 3.26mg Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg Epicatechin: 13.81mg, Epicatechin: 13.81mg, Epicatechin: 13.81mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 553.82kcal (27.69%), Fat: 39.69g (61.07%), Saturated Fat: 19.47g (121.7%), Carbohydrates: 52.71g (17.57%), Net Carbohydrates: 47.02g (17.1%), Sugar: 42.24g (46.94%), Cholesterol: 79.71mg (26.57%), Sodium: 249.66mg (10.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.87%), Manganese: 0.67mg (33.37%), Fiber: 5.69g (22.75%), Vitamin A: 1046.04IU (20.92%), Vitamin C: 8.71mg (10.55%), Copper: 0.21mg (10.25%), Phosphorus: 98.47mg (9.85%), Vitamin B2: 0.17mg (9.79%), Vitamin B1: 0.14mg (9.52%), Vitamin E: 1.42mg (9.45%), Potassium: 321.23mg (9.18%), Magnesium: 30.09mg (7.52%), Calcium: 73.36mg (7.34%), Vitamin K: 7.43µg (7.08%), Vitamin B6: 0.12mg (6.06%), Zinc: 0.81mg (5.4%), Vitamin B5: 0.44mg (4.43%), Iron: 0.61mg (3.39%), Folate: 10.65µg (2.66%), Vitamin B12: 0.15µg (2.45%), Selenium: 1.7µg (2.43%), Vitamin B3: 0.37mg (1.86%), Vitamin D: 0.24µg (1.6%)