



Warm Apples and Ice Cream



Gluten Free

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READY IN

ready

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15 min.

SERVINGS

servings

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4

CALORIES

calories

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456 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons brown sugar
- ☐ 2 tablespoons butter
- ☐ 1 pinch ground cloves whole
- ☐ 4 large apples green
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 4 servings nutmeg freshly grated
- ☐ 1 pint whipped cream

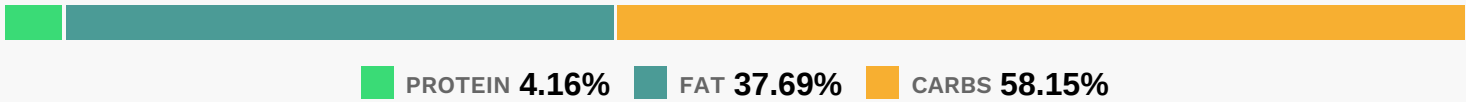
Equipment

☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat a medium skillet over medium to medium-high heat. Peel and quarter the apples. Core each quarter. Slice the apples up.
- ☐ Add butter to the skillet, then apples.
- ☐ Saute 7 or 8 minutes, add sugar, cinnamon and cloves and cook 2 minutes more. Spoon the sauteed apples into dessert dishes and top with ice cream, whipped cream, and garnish with grated nutmeg.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:25.06, Inflammation Score:-6, Nutrition Score:9.1530435396277%

Flavonoids

Cyanidin: 3.5mg, Cyanidin: 3.5mg, Cyanidin: 3.5mg, Cyanidin: 3.5mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.9mg, Catechin: 2.9mg, Catechin: 2.9mg, Catechin: 2.9mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 16.79mg, Epicatechin: 16.79mg, Epicatechin: 16.79mg, Epicatechin: 16.79mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg

Nutrients (% of daily need)

Calories: 456.4kcal (22.82%), Fat: 19.8g (30.46%), Saturated Fat: 12.21g (76.33%), Carbohydrates: 68.73g (22.91%), Net Carbohydrates: 61.99g (22.54%), Sugar: 57.58g (63.98%), Cholesterol: 67.1mg (22.37%), Sodium: 144.81mg (6.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.84%), Fiber: 6.74g (26.95%), Vitamin B2: 0.35mg (20.33%), Calcium: 180.29mg (18.03%), Vitamin A: 796.19IU (15.92%), Phosphorus: 155.22mg (15.52%), Potassium: 496mg (14.17%), Vitamin C: 11.04mg (13.38%), Manganese: 0.21mg (10.5%), Vitamin B5: 0.84mg (8.44%), Magnesium: 32.54mg (8.13%), Vitamin B12: 0.47µg (7.89%), Vitamin B6: 0.16mg (7.79%), Zinc: 0.96mg (6.42%), Vitamin B1: 0.09mg (6.25%), Vitamin E: 0.93mg (6.18%), Copper: 0.11mg (5.66%), Vitamin K: 5.86µg (5.59%), Folate: 14.45µg (3.61%), Selenium: 2.35µg (3.36%), Iron: 0.52mg (2.91%), Vitamin B3: 0.38mg (1.91%), Vitamin D: 0.24µg

(1.58%)