



Warm butterscotch dippers



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



431 kcal

SIDE DISH

Ingredients

- ☐ 50 g butter unsalted
- ☐ 175 g muscovado sugar light
- ☐ 284 ml carton double cream
- ☐ 3 red-skinned apples cored cut into 6 wedges
- ☐ 3 pears cored cut into 6 wedges
- ☐ 0.5 juice of lemon
- ☐ 1 pinch cinnamon generous
- ☐ 6 wooden skewers soaked in water cold for at least 30 mins

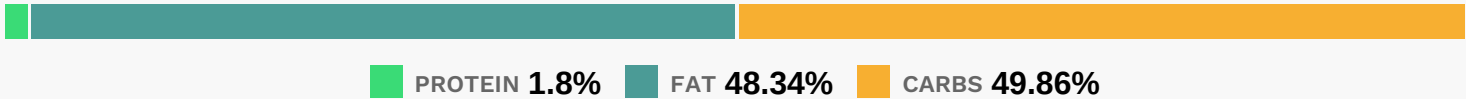
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ baking pan
- ☐ grill
- ☐ skewers

Directions

- ☐ Melt the butter in a pan and tip in 100g of the muscovado sugar. Stir until dissolved, then leave to bubble for 30 secs.
- ☐ Pour in the cream, bring to the boil and whisk until smooth. Set aside until warm.
- ☐ Meanwhile, heat the grill to high. Toss the fruit in the lemon juice, remaining sugar and cinnamon. Thread onto the skewers and arrange in one layer on a baking tray. Grill for 5 mins, turning once when golden.
- ☐ Serve with the warm butterscotch sauce.

Nutrition Facts



Properties

Glycemic Index:12.29, Glycemic Load:7.28, Inflammation Score:-6, Nutrition Score:5.9930435367253%

Flavonoids

Cyanidin: 3.26mg, Cyanidin: 3.26mg, Cyanidin: 3.26mg, Cyanidin: 3.26mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg Epicatechin: 10.2mg, Epicatechin: 10.2mg, Epicatechin: 10.2mg, Epicatechin: 10.2mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

Luteolin: 0.11mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg
Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 4.41mg, Quercetin:
4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg

Nutrients (% of daily need)

Calories: 431.16kcal (21.56%), Fat: 24.23g (37.28%), Saturated Fat: 15.28g (95.49%), Carbohydrates: 56.26g
(18.75%), Net Carbohydrates: 51.29g (18.65%), Sugar: 47.89g (53.21%), Cholesterol: 71.72mg (23.91%), Sodium:
24.77mg (1.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.05%), Fiber: 4.97g (19.87%), Vitamin
A: 979.84IU (19.6%), Vitamin C: 9.27mg (11.23%), Potassium: 289.36mg (8.27%), Vitamin B2: 0.14mg (8.21%), Vitamin
K: 8.04µg (7.65%), Calcium: 72.19mg (7.22%), Copper: 0.12mg (6.08%), Vitamin E: 0.91mg (6.04%), Vitamin D:
0.89µg (5.91%), Phosphorus: 51.7mg (5.17%), Manganese: 0.1mg (5.01%), Vitamin B6: 0.09mg (4.66%), Magnesium:
17.27mg (4.32%), Folate: 11.91µg (2.98%), Iron: 0.53mg (2.95%), Selenium: 1.95µg (2.79%), Vitamin B5: 0.27mg
(2.72%), Vitamin B1: 0.04mg (2.45%), Zinc: 0.26mg (1.73%), Vitamin B12: 0.09µg (1.51%), Vitamin B3: 0.29mg (1.47%)