



Warm Cinnamon-Apple Topping

 Vegetarian  Gluten Free

READY IN



28 min.

SERVINGS



6

CALORIES



129 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup firmly brown sugar packed
- ☐ 1 tablespoon butter
- ☐ 1 teaspoon cornstarch
- ☐ 4 granny smith apples peeled coarsely chopped
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 teaspoon juice of lemon
- ☐ 0.5 teaspoon vanilla extract

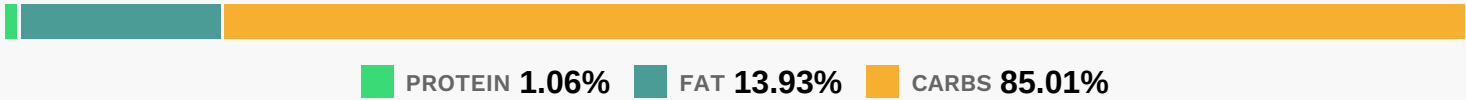
Equipment

☐ frying pan

Directions

- ☐ Stir together sugar and cornstarch in a medium skillet.
- ☐ Add apples and next 4 ingredients, and bring to a boil over medium-high heat, stirring constantly. Boil 1 minute; reduce heat to medium-low, and simmer, stirring often, 8 to 12 minutes or until apples are tender. Stir in butter.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:4.45, Inflammation Score:-2, Nutrition Score:2.2943478126241%

Flavonoids

Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 9.14mg, Epicatechin: 9.14mg, Epicatechin: 9.14mg, Epicatechin: 9.14mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg

Nutrients (% of daily need)

Calories: 129.44kcal (6.47%), Fat: 2.13g (3.28%), Saturated Fat: 1.26g (7.85%), Carbohydrates: 29.29g (9.76%), Net Carbohydrates: 26.26g (9.55%), Sugar: 24.56g (27.28%), Cholesterol: 5.02mg (1.67%), Sodium: 19.73mg (0.86%), Alcohol: 0.11g (100%), Alcohol %: 0.11% (100%), Protein: 0.36g (0.73%), Fiber: 3.02g (12.09%), Vitamin C: 5.75mg (6.97%), Potassium: 148.58mg (4.25%), Manganese: 0.08mg (4.14%), Vitamin B6: 0.06mg (2.78%), Vitamin K: 2.88µg (2.75%), Vitamin A: 124.43IU (2.49%), Copper: 0.04mg (2.02%), Calcium: 19.88mg (1.99%), Vitamin B2: 0.03mg (1.93%), Magnesium: 7.54mg (1.89%), Vitamin E: 0.28mg (1.85%), Phosphorus: 14.78mg (1.48%), Vitamin B1: 0.02mg (1.41%), Iron: 0.25mg (1.4%)