



Warm Cinnamon Apples



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



166 kcal

SIDE DISH

Ingredients

- ☐ 2 lb mcintosh apples peeled sliced
- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 1 tablespoon butter
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 tablespoons water

Equipment

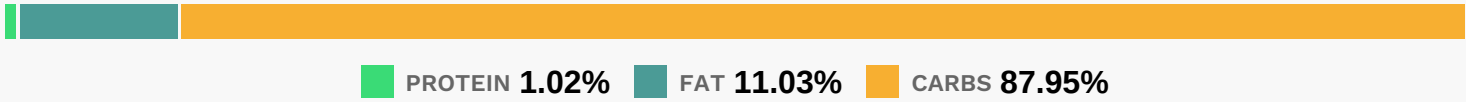
- ☐ sauce pan

☐ ziploc bags

Directions

- ☐ Toss together first 4 ingredients in a large zip-top plastic bag, tossing to coat apples.
- ☐ Cook apple mixture, 2 Tbsp. water, and 1 Tbsp. butter in a medium saucepan over medium heat, stirring occasionally, 8 to 10 minutes or until apples are tender.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:5.54, Inflammation Score:-2, Nutrition Score:2.9243478259963%

Flavonoids

Cyanidin: 2.37mg, Cyanidin: 2.37mg, Cyanidin: 2.37mg, Cyanidin: 2.37mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 11.39mg, Epicatechin: 11.39mg, Epicatechin: 11.39mg, Epicatechin: 11.39mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg

Nutrients (% of daily need)

Calories: 166.28kcal (8.31%), Fat: 2.18g (3.36%), Saturated Fat: 1.26g (7.9%), Carbohydrates: 39.16g (13.05%), Net Carbohydrates: 35.34g (12.85%), Sugar: 33.54g (37.27%), Cholesterol: 5.02mg (1.67%), Sodium: 21.95mg (0.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.91%), Fiber: 3.82g (15.29%), Vitamin C: 6.97mg (8.45%), Manganese: 0.13mg (6.26%), Potassium: 188.45mg (5.38%), Vitamin B6: 0.07mg (3.51%), Vitamin K: 3.59µg (3.42%), Calcium: 28.49mg (2.85%), Vitamin A: 141.02IU (2.82%), Copper: 0.05mg (2.61%), Magnesium: 9.66mg (2.41%), Vitamin B2: 0.04mg (2.37%), Vitamin E: 0.33mg (2.23%), Iron: 0.34mg (1.9%), Phosphorus: 18.32mg (1.83%), Vitamin B1: 0.03mg (1.75%), Folate: 4.87µg (1.22%), Vitamin B5: 0.12mg (1.2%)