



Healthdor

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Cinnamon Apples with Yogurt

Cinnamon Apples with Yogurt is a delicious and healthy dessert option. The apples are cooked with cinnamon until tender and then served with a dollop of yogurt on top. It is a perfect combination of sweet and tangy flavors.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

500 g	Apples
2 tsp	Cinnamon
200 g	yogurt

Directions

Step 1

Cutting

Peel and core the apples. Cut them into slices.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Cooking

Heat a pan over medium heat. Add the apple slices and sprinkle cinnamon on top. Cook until the apples are tender, stirring occasionally.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Divide the cooked apples into serving bowls. Top with a dollop of yogurt.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 100 kcal

Fat: 2 g

Protein: 2 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	4 g	10.53%	16%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	2 g	7.14%	8%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	10 mg	0.43%	0.43%
Calcium	6 mg	0.6%	0.6%
Iron	2 mg	25%	11.11%
Potassium	200 mg	5.88%	7.69%
Zinc	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
Game Day

Meal Type

Breakfast Brunch Snack

Course

Breads Salads Soups Snacks Sauces & Dressings Desserts

Difficulty Level

Easy

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