

Caramelized Apples on Pumpernickel

The Essential Appetizers Cookbook (1999)
Whitecap Books

Yield: 24 appetizers

2 golden delicious or pink lady apples
2 tablespoons lemon juice
1/2 cup icing sugar
1 ounce butter
6 ounces blue cheese, crumbled
1 ounce walnuts, finely chopped
1 stick celery, finely chopped
8 ounces pumpernickel rounds

Preparation Time: 30 minutes

Cook Time: 15 minutes

Peel and core the apples. Slice each into twelve wedges. Brush with lemon juice and sprinkle generously with icing sugar.

In a frying pan, heat the butter and, when foaming, add a few apple wedges and cook until brown and beginning to caramelize. Cool on a sheet of baking paper.

Repeat with the remaining apple wedges, adding more butter to the pan as needed.

In a bowl, combine the cheese, walnuts and celery. Spoon a little onto each pumpernickle round. Top with an apple wedge.

Refrigerate, covered with plastic wrap.

Granny Smith apples are not suitable.

Per Serving (excluding unknown items): 1223 Calories; 88g Fat (63.2% calories from fat); 44g Protein; 71g Carbohydrate; 2g Dietary Fiber; 190mg Cholesterol; 2644mg Sodium. Exchanges: 0 Grain(Starch); 6 Lean Meat; 0 Vegetable; 0 Fruit; 14 Fat; 4 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1223	Vitamin B6 (mg):	.5mg
% Calories from Fat:	63.2%	Vitamin B12 (mcg):	2.1mcg
% Calories from Carbohydrates:	22.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	14.0%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	88g	Folacin (mcg):	96mcg

Saturated Fat (g): 47g
Monounsaturated Fat (g): 23g
Polyunsaturated Fat (g): 13g
Cholesterol (mg): 190mg
Carbohydrate (g): 71g
Dietary Fiber (g): 2g
Protein (g): 44g
Sodium (mg): 2644mg
Potassium (mg): 746mg
Calcium (mg): 939mg
Iron (mg): 2mg
Zinc (mg): 6mg
Vitamin C (mg): 18mg
Vitamin A (i.u.): 2237IU
Vitamin A (r.e.): 596 1/2RE

Niacin (mg): 2mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 6
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 14
Other Carbohydrates: 4

Nutrition Facts

Amount Per Serving

Calories 1223 **Calories from Fat:** 774

% Daily Values*

Total Fat 88g	135%
Saturated Fat 47g	236%
Cholesterol 190mg	63%
Sodium 2644mg	110%
Total Carbohydrates 71g	24%
Dietary Fiber 2g	9%
Protein 44g	
<hr/>	
Vitamin A	45%
Vitamin C	30%
Calcium	94%
Iron	9%

* Percent Daily Values are based on a 2000 calorie diet.