

Effect when baked

1. Food texture softens and it is easier to eat.
2. concentration of sweetness
3. when pectin is needed It is activated and the effect is improved

Apple effects 1

- Potassium
 - action of lowering blood pressure
- β-carotene
 - immune-enhancing activity
- Magnesium
 - their more galat ory effect

Apple effects 2

- Tooth decay prevention
- Anemia prevention
- prevention of lifestyle related diseases.
- Intestinal improvement
- Apple skin is nutritious

A summary

Did you look at the leaflet and find out about apples? It was very good that we could learn the detailed effect of apples. There are many other use besides the recipes I showed you this time, please try many things
 Soute <http://www.aomol.ringo.or.jp>

Healthy food with Apples

13HR Group 2



Apple component

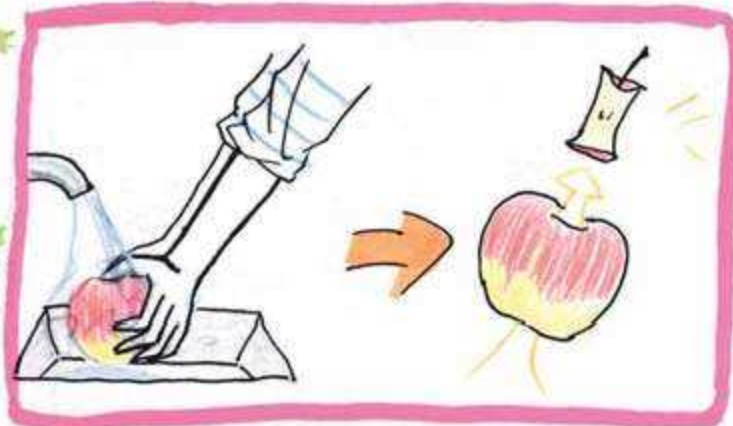
- Energy ... 61kcal
- Protein ... 0.2g
- Lipid ... 0.3g
- Calcium ... 4mg
- Potassium ... 120mg
- Dietary fiber ... 1.9g
- Vitamin C ... 6mg
- β -carotene ... 27 μ g

EASY MICRO WAVE APPLE RECIPE

Material

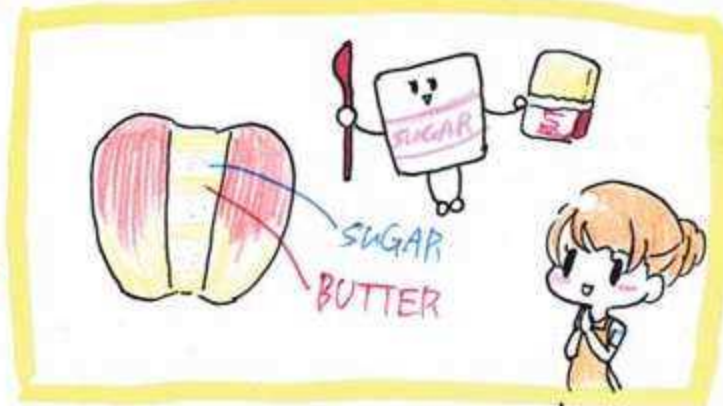
- Apple ... one
- Butter ... 20grams
- Sugar ... 1/2 tablespoon

1 wash apples and remove the core



* Wash apples thoroughly when washing them

2 Put the sugar and butter alternately in the holes



3 Place on a plate wrap and heat of 600W for 4 minutes 30 seconds



Apple trivia How to cut Ingenuity

"star cut" is recommended when cutting apples!!
you can eat it near the core because the skin area is small.