



Almond-Stuffed Baked Apples with Caramel-Apple Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



192 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almonds toasted sliced
- ☐ 0.5 cup apple cider
- ☐ 4 braeburn apple halved
- ☐ 1 tablespoon brandy
- ☐ 1 teaspoon butter
- ☐ 2 teaspoons butter melted
- ☐ 1 large egg whites

- ☐ 1 tablespoon grand marnier orange-flavored (liqueur)
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 Dash nutmeg
- ☐ 0.1 teaspoon salt
- ☐ 1 Dash salt
- ☐ 0.3 cup sugar
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon sugar
- ☐ 0.3 teaspoon vanilla extract
- ☐ 3 tablespoons water

Equipment

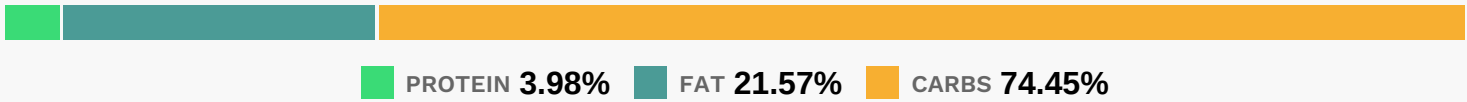
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 350
- ☐ To prepare filling, place almonds in a food processor; process until finely ground.
- ☐ Combine ground almonds, sugar, and next 5 ingredients (through egg white), stirring until well combined.
- ☐ To prepare apples, core, remove seeds, and carefully scoop out 1 tablespoon from each apple half to form a cup.
- ☐ Cut a thin slice off the rounded side of each apple half to make a flat surface; place apples cup-side up on a jelly-roll pan coated with cooking spray.
- ☐ Combine 1 tablespoon sugar and cinnamon; sprinkle generously over apples. Spoon about 1 tablespoon filling in cup of each apple half.
- ☐ Bake at 350 for 40 minutes or until apples are golden and tender.

- ☐
- To prepare sauce, combine 1/2 cup sugar and 3 tablespoons water in a small saucepan. Cook over medium-high heat (do not stir) until mixture begins to brown; gently tilt pan and swirl to evenly brown mixture. Reduce heat to low; slowly add cider, stirring constantly.
- ☐
- Remove from heat; stir in remaining ingredients.
- ☐
- Serve over apples.
- ☐
- Wine note: Since this dessert is not supersweet, it's perfect for wine pairing. Very sweet desserts are harder to pair because they can make wine taste dull or neutral. A terrific choice is Muscat Beaumes-de-Venise from Jaboulet, France. The 2001 is about \$16 for a 375-milliliter half-bottle. Just a small glass of this wonderfully opulent wine will make the baked apples taste like a three-star dessert course. -Karen McNeil

Nutrition Facts



Properties

Glycemic Index:60.38, Glycemic Load:18.2, Inflammation Score:-2, Nutrition Score:3.6386956698869%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 7.58mg, Epicatechin: 7.58mg, Epicatechin: 7.58mg, Epicatechin: 7.58mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 192.23kcal (9.61%), Fat: 4.69g (7.21%), Saturated Fat: 1.25g (7.79%), Carbohydrates: 36.4g (12.13%), Net Carbohydrates: 33.41g (12.15%), Sugar: 32.03g (35.59%), Cholesterol: 4.03mg (1.34%), Sodium: 62.33mg (2.71%), Alcohol: 1.16g (100%), Alcohol %: 0.99% (100%), Protein: 1.95g (3.9%), Fiber: 2.99g (11.97%), Vitamin E: 1.68mg (11.21%), Manganese: 0.19mg (9.55%), Vitamin B2: 0.11mg (6.75%), Magnesium: 21.7mg (5.42%), Vitamin C: 4.32mg (5.24%), Potassium: 163.49mg (4.67%), Copper: 0.09mg (4.58%), Phosphorus: 40.27mg (4.03%), Vitamin B6: 0.05mg (2.42%), Calcium: 24.13mg (2.41%), Vitamin B1: 0.03mg (2.08%), Vitamin K: 2.15µg (2.05%), Iron: 0.37mg

(2.03%), Vitamin A: 96.51IU (1.93%), Selenium: 1.23µg (1.75%), Vitamin B3: 0.31mg (1.56%), Zinc: 0.23mg (1.53%),
Folate: 5.58µg (1.39%)