



 **61%**
HEALTH SCORE

Apple Bake

 Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



3588 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 medium baking apples cored peeled sliced
- 0.8 cup firmly brown sugar packed
- 0.3 cup butter melted ()
- 1 cup flour
- 1 tsp ground cinnamon
- 2 Tbsp minute tapioca
- 0.1 tsp salt
- 1 cup cracker barrel sharp cheddar cheese shredded

- 0.3 cup shortening
- 5 Tbsp water cold

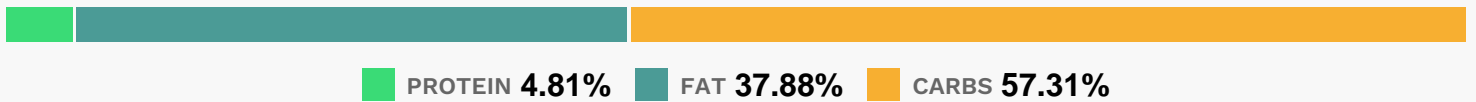
Equipment

- bowl
- oven
- blender
- baking pan

Directions

- Preheat oven to 425F.
- Mix flour and salt in large bowl; cut in shortening with pastry blender or 2 knives until mixture resembles coarse crumbs. Stir in cheese.
- Sprinkle with 5 Tbsp. of the water while mixing lightly with fork; shape into ball. (
- Mix in 1 or 2 Tbsp. additional water if dough is too dry to shape into ball.)
- Place dough on lightly floured surface; roll out to 14x10-inch rectangle.
- Toss apples with remaining ingredients.
- Let stand 5 min. Spoon into 13x9-inch baking dish. Cover with dough; cut slits in top of dough to vent.
- Bake 35 min. or until pastry is golden brown and apples are tender.

Nutrition Facts



Properties

Glycemic Index:139, Glycemic Load:136.18, Inflammation Score:-10, Nutrition Score:63.875652458357%

Flavonoids

Cyanidin: 28.57mg, Cyanidin: 28.57mg, Cyanidin: 28.57mg, Cyanidin: 28.57mg Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg Catechin: 23.66mg, Catechin: 23.66mg, Catechin: 23.66mg, Catechin: 23.66mg Epigallocatechin: 4.73mg, Epigallocatechin: 4.73mg, Epigallocatechin: 4.73mg, Epigallocatechin: 4.73mg

Epicatechin: 137.05mg, Epicatechin: 137.05mg, Epicatechin: 137.05mg, Epicatechin: 137.05mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 3.46mg, Epigallocatechin 3-gallate: 3.46mg, Epigallocatechin 3-gallate: 3.46mg, Epigallocatechin 3-gallate: 3.46mg Luteolin: 2.18mg, Luteolin: 2.18mg, Luteolin: 2.18mg, Luteolin: 2.18mg Kaempferol: 2.55mg, Kaempferol: 2.55mg, Kaempferol: 2.55mg, Kaempferol: 2.55mg Quercetin: 72.98mg, Quercetin: 72.98mg, Quercetin: 72.98mg

Nutrients (% of daily need)

Calories: 3587.96kcal (179.4%), Fat: 156.79g (241.21%), Saturated Fat: 48.97g (306.06%), Carbohydrates: 533.78g (177.93%), Net Carbohydrates: 485.34g (176.49%), Sugar: 350.1g (389%), Cholesterol: 113mg (37.67%), Sodium: 1638.5mg (71.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.79g (89.57%), Fiber: 48.44g (193.74%), Calcium: 1110mg (111%), Selenium: 76.42µg (109.16%), Manganese: 2.06mg (103.06%), Vitamin C: 83.93mg (101.74%), Vitamin B2: 1.61mg (94.77%), Vitamin B1: 1.34mg (89.56%), Phosphorus: 874.06mg (87.41%), Vitamin A: 4152.68IU (83.05%), Folate: 309.45µg (77.36%), Vitamin K: 80.29µg (76.47%), Potassium: 2422.71mg (69.22%), Vitamin E: 10.21mg (68.05%), Iron: 9.6mg (53.35%), Vitamin B6: 0.96mg (47.84%), Vitamin B3: 9.32mg (46.62%), Magnesium: 167.88mg (41.97%), Copper: 0.81mg (40.36%), Zinc: 5.86mg (39.04%), Vitamin B5: 2.86mg (28.64%), Vitamin B12: 1.25µg (20.91%), Vitamin D: 0.68µg (4.52%)