



Apple-Crisp Baked Apples



Vegetarian



Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



317 kcal

DESSERT

Ingredients

- ☐ 1.5 cups apple cider
- ☐ 6 medium jazz apples firm
- ☐ 0.3 cup firmly brown sugar dark packed
- ☐ 4 tablespoons butter cold cut into small cubes
- ☐ 0.3 teaspoon cinnamon
- ☐ 0.3 teaspoon ground cardamom
- ☐ 0.3 cup pecans chopped fine
- ☐ 0.3 cup rolled oats

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup walnuts chopped fine

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ aluminum foil
- ☐ melon baller

Directions

- ☐ Preheat oven to 35
- ☐ In a small bowl combine walnuts, pecans, sugar, salt, cinnamon, cardamom, and oats.
- ☐ Add butter cubes and toss to combine.
- ☐ Peel the top third of each apple and, using a melon baller, scoop out the stem and enough of the core so that the walls of the apple are about 1/2 in. thick. Take care, however, not to break through the bottom of the apple, or the filling will leak out when baking. Make the hole a bit wider at the top.
- ☐ Using a small spoon or your fingers, generously stuff each apple; mound extra filling on top.
- ☐ Put the filled apples in a 2-qt. baking dish.
- ☐ Pour cider into the pan around the apples, cover the dish with foil, and bake 45 minutes.
- ☐ Remove foil and bake, basting every 15 minutes, for an additional 30 to 45 minutes, until apples are easily pierced with a sharp knife (they may split open a bit at the bottom).
- ☐ Serve apples drizzled with the sauce from the pan and with a scoop of vanilla ice cream alongside.

Nutrition Facts



Properties

Glycemic Index:33.79, Glycemic Load:10.21, Inflammation Score:-5, Nutrition Score:7.3973911948826%

Flavonoids

Cyanidin: 3.64mg, Cyanidin: 3.64mg, Cyanidin: 3.64mg, Cyanidin: 3.64mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 3.5mg, Catechin: 3.5mg, Catechin: 3.5mg, Catechin: 3.5mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 16.53mg, Epicatechin: 16.53mg, Epicatechin: 16.53mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg

Nutrients (% of daily need)

Calories: 317.32kcal (15.87%), Fat: 16.38g (25.2%), Saturated Fat: 5.64g (35.24%), Carbohydrates: 44.85g (14.95%), Net Carbohydrates: 38.99g (14.18%), Sugar: 33.92g (37.69%), Cholesterol: 20.07mg (6.69%), Sodium: 164.01mg (7.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.15%), Manganese: 0.74mg (37.17%), Fiber: 5.86g (23.43%), Copper: 0.24mg (12.19%), Vitamin C: 9.07mg (10.99%), Potassium: 333.52mg (9.53%), Magnesium: 34.89mg (8.72%), Vitamin B1: 0.12mg (7.87%), Phosphorus: 78.53mg (7.85%), Vitamin B6: 0.14mg (6.97%), Vitamin A: 336.74IU (6.73%), Vitamin K: 5.12µg (4.88%), Vitamin B2: 0.08mg (4.87%), Iron: 0.85mg (4.71%), Vitamin E: 0.69mg (4.59%), Zinc: 0.68mg (4.51%), Calcium: 38.68mg (3.87%), Folate: 14.5µg (3.62%), Vitamin B5: 0.28mg (2.85%), Selenium: 1.77µg (2.53%), Vitamin B3: 0.4mg (2%)