



Baked Apples



Vegetarian



Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



310 kcal

DESSERT

Ingredients

- ☐ 0.5 cup apple cider
- ☐ 0.3 cup brown sugar
- ☐ 3 tablespoons butter cut into pats
- ☐ 0.3 cup cherries dried
- ☐ 6 gala apples rinsed
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 pinch ground nutmeg
- ☐ 0.5 cup maple syrup

☐ 0.3 cup pecans chopped

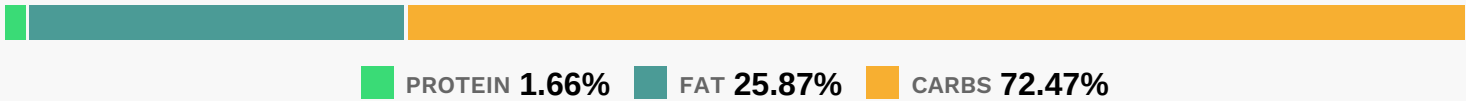
Equipment

- ☐ bowl
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ In a large bowl, mix together cherries, sugar, pecans, cinnamon and nutmeg. Put aside.
- ☐ With a melon scooper, core apples to hollow out the middle. Do not go all the way through. Fill each apple core with dry cherry mixture.
- ☐ Pour apple cider into casserole dish and place apples right side up.
- ☐ Place a pat of butter on apple hole filled with mixture.
- ☐ Drizzle maple syrup on top of all the apples.
- ☐ Bake for 50 minutes.

Nutrition Facts



Properties

Glycemic Index:40.71, Glycemic Load:14.18, Inflammation Score:-5, Nutrition Score:7.4278261201537%

Flavonoids

Cyanidin: 3.35mg, Cyanidin: 3.35mg, Cyanidin: 3.35mg, Cyanidin: 3.35mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg Epicatechin: 14.67mg, Epicatechin: 14.67mg, Epicatechin: 14.67mg, Epicatechin: 14.67mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.41mg, Quercetin: 7.41mg, Quercetin: 7.41mg, Quercetin: 7.41mg

Quercetin: 7.41mg

Nutrients (% of daily need)

Calories: 309.68kcal (15.48%), Fat: 9.34g (14.37%), Saturated Fat: 3.98g (24.86%), Carbohydrates: 58.88g (19.63%), Net Carbohydrates: 53.48g (19.45%), Sugar: 48.64g (54.04%), Cholesterol: 15.05mg (5.02%), Sodium: 53.44mg (2.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.7%), Manganese: 0.93mg (46.25%), Vitamin B2: 0.4mg (23.52%), Fiber: 5.4g (21.59%), Vitamin C: 8.61mg (10.43%), Vitamin A: 455.66IU (9.11%), Potassium: 308.41mg (8.81%), Calcium: 59.9mg (5.99%), Magnesium: 22.53mg (5.63%), Copper: 0.11mg (5.62%), Vitamin B1: 0.08mg (5.58%), Vitamin B6: 0.09mg (4.6%), Vitamin K: 4.68µg (4.46%), Vitamin E: 0.56mg (3.72%), Phosphorus: 36.43mg (3.64%), Zinc: 0.48mg (3.23%), Iron: 0.55mg (3.04%), Vitamin B5: 0.18mg (1.8%), Folate: 6.89µg (1.72%), Vitamin B3: 0.27mg (1.36%)