

Baked Apples



Vegetarian



Gluten Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



302 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 4 tablespoons butter
- ☐ 2 teaspoons ground cinnamon
- ☐ 4 tart apples green

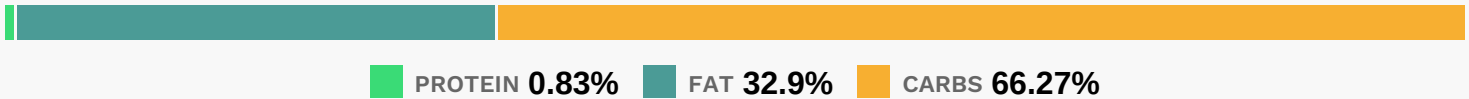
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Scoop out the core from top of the apple, leaving a well. Do not cut all the way through. Stuff each apple with 2 tablespoons brown sugar and 1 tablespoon butter.
- ☐ Place in a shallow baking dish and sprinkle with cinnamon.
- ☐ Bake in preheated oven for 15 minutes, until sugar begins to caramelize and apples are tender.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:6.66, Inflammation Score:-4, Nutrition Score:4.3530434797639%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg 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: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 301.99kcal (15.1%), Fat: 11.68g (17.96%), Saturated Fat: 7.25g (45.32%), Carbohydrates: 52.91g (17.64%), Net Carbohydrates: 48.01g (17.46%), Sugar: 45.63g (50.7%), Cholesterol: 30.1mg (10.03%), Sodium: 99.64mg (4.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.33%), Fiber: 4.9g (19.6%), Manganese: 0.26mg (12.8%), Vitamin C: 8.41mg (10.19%), Vitamin A: 451.09IU (9.02%), Potassium: 238.99mg (6.83%), Vitamin K: 5.3µg (5.04%), Calcium: 47.13mg (4.71%), Vitamin E: 0.68mg (4.5%), Vitamin B6: 0.09mg (4.39%), Copper: 0.07mg (3.27%), Magnesium: 12.45mg (3.11%), Vitamin B2: 0.05mg (3.09%), Iron: 0.5mg (2.78%), Phosphorus: 25.12mg (2.51%), Vitamin B1: 0.03mg (2.12%), Vitamin B5: 0.17mg (1.66%), Folate: 6.22µg (1.55%), Vitamin B3: 0.22mg (1.08%)