



Baked apples



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



133 kcal

DESSERT

Ingredients

- ☐ 6 apples with a small, sharp knife)
- ☐ 1 handful golden raisins
- ☐ 2 tbsp g muscovado sugar light
- ☐ 1 tsp cinnamon
- ☐ 1 piece butter
- ☐ 2 tsp little demerara sugar

Equipment

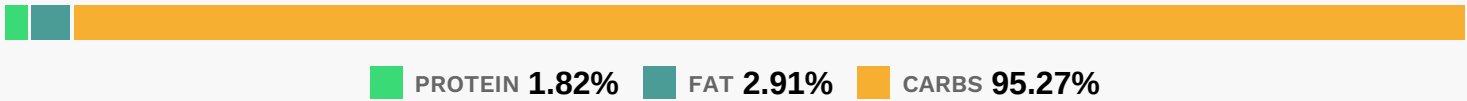
- ☐ bowl

- ☐ oven
- ☐ baking pan
- ☐ apple corer

Directions

- ☐ Ask a grown-up to turn the oven on to 200C/180C fan/ gas
- ☐ Sit each apple on the worktop and push the apple corer into the centre of each one (or ask a grown-up to do this for you).
- ☐ Mix the sultanas, muscovado sugar and cinnamon together in a bowl.
- ☐ Stand up the apples, side by side, in a baking dish. Using your fingers, push a little bit of the sultana mixture into each apple, using up all the mixture between them.
- ☐ Add a blob of butter to the top of each and sprinkle over the demerara sugar. Ask a grown-up to put the dish in the oven for 20 mins or until the apples are cooked through.

Nutrition Facts



Properties

Glycemic Index:23.94, Glycemic Load:8.79, Inflammation Score:-3, Nutrition Score:3.5152173903973%

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: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Quercetin: 7.42mg, Quercetin: 7.42mg, Quercetin: 7.42mg, Quercetin: 7.42mg

Nutrients (% of daily need)

Calories: 133.32kcal (6.67%), Fat: 0.47g (0.73%), Saturated Fat: 0.15g (0.91%), Carbohydrates: 34.9g (11.63%), Net Carbohydrates: 30.1g (10.94%), Sugar: 27.3g (30.33%), Cholesterol: 0.36mg (0.12%), Sodium: 4.7mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.33%), Fiber: 4.8g (19.19%), Vitamin C: 8.55mg (10.36%),

Manganese: 0.16mg (7.9%), Potassium: 239.71mg (6.85%), Vitamin B6: 0.09mg (4.65%), Vitamin K: 4.33µg (4.12%), Copper: 0.07mg (3.54%), Vitamin B2: 0.06mg (3.36%), Magnesium: 11.5mg (2.88%), Phosphorus: 26.26mg (2.63%), Vitamin E: 0.35mg (2.32%), Calcium: 21.46mg (2.15%), Iron: 0.38mg (2.1%), Vitamin B1: 0.03mg (2.1%), Vitamin A: 103.72IU (2.07%), Folate: 5.68µg (1.42%), Vitamin B5: 0.13mg (1.25%), Vitamin B3: 0.23mg (1.16%)