



Baked Apples



Vegetarian



Gluten Free



Popular

READY IN



50 min.

SERVINGS



4

CALORIES



268 kcal

DESSERT

Ingredients

- ☐ 4 large baking apples such as rome beauty, golden delicious, or jonagold good
- ☐ 0.3 cup brown sugar
- ☐ 1 teaspoon cinnamon
- ☐ 0.3 cup pecans chopped
- ☐ 0.3 cup currants chopped
- ☐ 1 Tbsp butter
- ☐ 0.8 cup water boiling

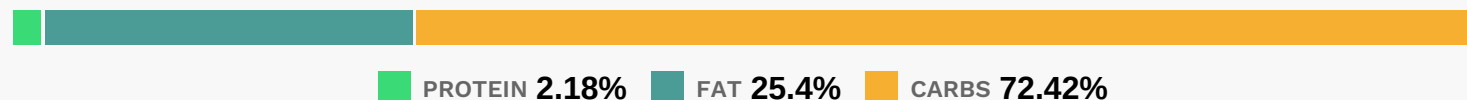
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ apple corer

Directions

- ☐ Preheat your oven to 375°F (190°C).
- ☐ Cut out holes in apples for stuffing: Rinse and dry the apples. Using a sharp paring knife or an apple corer, cut out the cores, leaving the bottom 1/2 inch of the apples intact.
- ☐ If using a paring knife, first cut out the stem area and then use a small metal spoon to scoop out the seeds.
- ☐ Cut the holes so that they are an inch or so wide.
- ☐ Stuff with brown sugar, cinnamon, and extras, dot with butter:
- ☐ Place the brown sugar, cinnamon, currants or chopped raisins, and chopped pecans (if using) in a small bowl and stir to combine.
- ☐ Put the apples in a baking dish and stuff each apple with the sugar stuffing mixture.
- ☐ Place a dot of butter (a quarter of the tablespoon called for in the ingredient list) on top of the sugar.
- ☐ Bake:
- ☐ Pour the boiling water into the bottom of the baking dish.
- ☐ Bake at 375°F (190°C) for 30 to 45 minutes, until the apples are cooked through and tender, but not overcooked and mushy.
- ☐ When done, remove the apples from the oven and baste them with the juices from the pan.
- ☐ Terrific with a side of vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:9.81, Inflammation Score:-4, Nutrition Score:6.4530434754232%

Flavonoids

Cyanidin: 4.23mg, Cyanidin: 4.23mg, Cyanidin: 4.23mg, Cyanidin: 4.23mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 3.39mg, Catechin: 3.39mg, Catechin: 3.39mg, Catechin: 3.39mg Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg Epicatechin: 16.85mg, Epicatechin: 16.85mg, Epicatechin: 16.85mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg

Nutrients (% of daily need)

Calories: 268.07kcal (13.4%), Fat: 8.19g (12.6%), Saturated Fat: 2.32g (14.48%), Carbohydrates: 52.54g (17.51%), Net Carbohydrates: 45.88g (16.68%), Sugar: 42.42g (47.13%), Cholesterol: 7.63mg (2.54%), Sodium: 35.04mg (1.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.16%), Fiber: 6.67g (26.67%), Manganese: 0.52mg (26.15%), Vitamin C: 10.77mg (13.06%), Potassium: 357.77mg (10.22%), Copper: 0.18mg (9.2%), Vitamin B6: 0.14mg (6.95%), Vitamin B1: 0.1mg (6.5%), Magnesium: 24.69mg (6.17%), Vitamin K: 5.85µg (5.57%), Phosphorus: 54.03mg (5.4%), Vitamin B2: 0.08mg (4.77%), Calcium: 44.67mg (4.47%), Vitamin A: 220.99IU (4.42%), Iron: 0.75mg (4.16%), Vitamin E: 0.6mg (4%), Zinc: 0.45mg (3.01%), Folate: 9.36µg (2.34%), Vitamin B3: 0.45mg (2.26%), Vitamin B5: 0.22mg (2.23%)