



Baked Apples Stuffed with Honey, Almonds, and Ginger



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



502 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup almonds toasted chopped
- ☐ 0.3 cup apple juice fresh (preferably unfiltered)
- ☐ 8 ounce fuji apples
- ☐ 0.3 cup brown sugar packed ()
- ☐ 4 servings greek yogurt
- ☐ 1.3 teaspoons ground ginger
- ☐ 2 tablespoons honey

- ☐ 1.5 teaspoons lemon zest finely grated
- ☐ 0.5 cup whipping cream

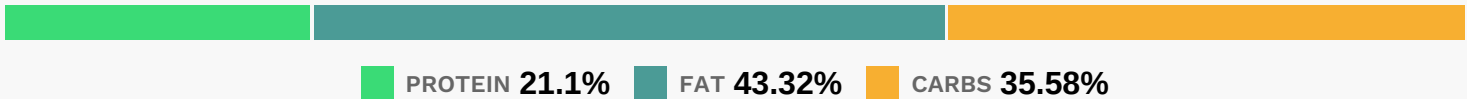
Equipment

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

Directions

- ☐ Combine first 5 ingredients in small bowl.
- ☐ Mix in cream.
- ☐ Let stand until sugar dissolves and filling thickens, stirring occasionally, about 30 minutes.
- ☐ Preheat oven to 350°F. Using small sharp knife and starting at side of apple at center point, cut around each apple to make slit in skin to prevent bursting. Using small end of melon baller, scoop out core and all seeds to within 1/2 inch of bottom.
- ☐ Place apples upright in 8x8x2-inch glass baking dish. Spoon filling into hollow of each apple. Mound remaining filling on top of each apple (some may slide down sides).
- ☐ Pour juice around apples. Butter large sheet of foil. Loosely tent dish with foil, buttered side down.
- ☐ Bake apples until barely tender, about 1 hour. Uncover and bake until apples are very tender and sauce is bubbling thickly, about 20 minutes longer.
- ☐ Transfer apples and sauce to bowls.
- ☐ Serve with yogurt.

Nutrition Facts



Properties

Glycemic Index:33.76, Glycemic Load:7.53, Inflammation Score:-6, Nutrition Score:19.38043469968%

Flavonoids

Cyanidin: 1.55mg, Cyanidin: 1.55mg, Cyanidin: 1.55mg, Cyanidin: 1.55mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 5.16mg, Epicatechin: 5.16mg, Epicatechin: 5.16mg, Epicatechin: 5.16mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 501.62kcal (25.08%), Fat: 25g (38.47%), Saturated Fat: 8.11g (50.71%), Carbohydrates: 46.2g (15.4%), Net Carbohydrates: 41.27g (15.01%), Sugar: 37.97g (42.19%), Cholesterol: 43.62mg (14.54%), Sodium: 85.97mg (3.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.41g (54.81%), Vitamin B2: 0.95mg (55.68%), Vitamin E: 7.26mg (48.42%), Manganese: 0.89mg (44.38%), Phosphorus: 427.65mg (42.77%), Calcium: 332.16mg (33.22%), Selenium: 22.41µg (32.01%), Magnesium: 102.98mg (25.75%), Vitamin B12: 1.45µg (24.13%), Fiber: 4.93g (19.73%), Potassium: 616.32mg (17.61%), Copper: 0.34mg (17.23%), Zinc: 2.05mg (13.64%), Vitamin B6: 0.21mg (10.73%), Vitamin A: 476.93IU (9.54%), Vitamin B5: 0.94mg (9.36%), Iron: 1.52mg (8.46%), Vitamin B1: 0.12mg (7.9%), Vitamin B3: 1.57mg (7.83%), Folate: 29.21µg (7.3%), Vitamin C: 3.95mg (4.79%), Vitamin D: 0.48µg (3.17%), Vitamin K: 2.2µg (2.1%)