



Baked Apples with Apple Crisp Yogurt and Caramel

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



257 kcal

DESSERT

Ingredients

- 4 apples cored
- 1.5 cups apple cider
- 1 teaspoon rum
- 0.5 cup mrs richardson's butterscotch caramel sauce fat-free
- 6 oz apples fat free 99% crisp yoplait®
- 0.3 cup cereal french organic cascadian farm®

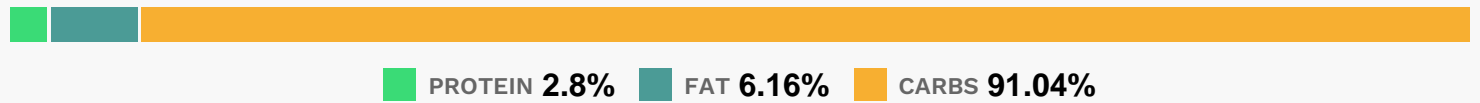
Equipment

- bowl
- plastic wrap
- microwave

Directions

- In large microwavable bowl, place apples, and pour apple cider 1 inch up sides of apples. Cover with microwavable plastic wrap. Microwave on High 5 to 8 minutes or until soft. Reserve the juice.
- In small microwavable bowl, stir rum and 1 teaspoon of the reserved juice into caramel topping. Microwave uncovered on High a few seconds or just until warm.
- To serve each apple, spoon 2 tablespoons yogurt in bottom of serving bowl.
- Add 1 apple; fill center of apple with yogurt.
- Sprinkle with 1 tablespoon granola; top with caramel mixture.

Nutrition Facts



Properties

Glycemic Index:29.94, Glycemic Load:12.19, Inflammation Score:-4, Nutrition Score:5.7739130595456%

Flavonoids

Cyanidin: 3.54mg, Cyanidin: 3.54mg, Cyanidin: 3.54mg, Cyanidin: 3.54mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 4.03mg, Catechin: 4.03mg, Catechin: 4.03mg, Catechin: 4.03mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 21.08mg, Epicatechin: 21.08mg, Epicatechin: 21.08mg, Epicatechin: 21.08mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.52mg, Quercetin: 9.52mg, Quercetin: 9.52mg, Quercetin: 9.52mg

Nutrients (% of daily need)

Calories: 256.98kcal (12.85%), Fat: 1.87g (2.88%), Saturated Fat: 0.25g (1.57%), Carbohydrates: 62.21g (20.74%), Net Carbohydrates: 56.25g (20.45%), Sugar: 49.52g (55.03%), Cholesterol: 0mg (0%), Sodium: 104.65mg (4.55%),

Alcohol: 0.42g (100%), Alcohol %: 0.15% (100%), Protein: 1.91g (3.82%), Fiber: 5.96g (23.85%), Manganese: 0.36mg (18.14%), Vitamin C: 11.27mg (13.66%), Potassium: 377.88mg (10.8%), Phosphorus: 64.38mg (6.44%), Magnesium: 24mg (6%), Vitamin B6: 0.12mg (5.86%), Vitamin B1: 0.08mg (5.36%), Vitamin B2: 0.09mg (5.13%), Vitamin K: 5.28µg (5.02%), Vitamin E: 0.72mg (4.8%), Copper: 0.09mg (4.68%), Calcium: 40.95mg (4.1%), Iron: 0.71mg (3.93%), Vitamin A: 147.55IU (2.95%), Vitamin B5: 0.27mg (2.68%), Selenium: 1.77µg (2.54%), Folate: 9.89µg (2.47%), Zinc: 0.26mg (1.74%), Vitamin B3: 0.34mg (1.71%)