



Baked Apples with Apple Crisp Yogurt and Caramel

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



273 kcal

DESSERT

Ingredients

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

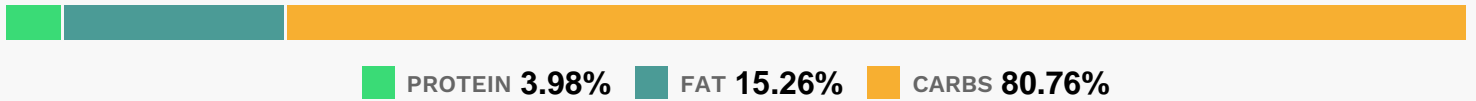
Equipment

- 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:32.44, Glycemic Load:12.28, Inflammation Score:-4, Nutrition Score:7.2699999601945%

Flavonoids

Cyanidin: 3.76mg, Cyanidin: 3.76mg, Cyanidin: 3.76mg, Cyanidin: 3.76mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 4.14mg, Catechin: 4.14mg, Catechin: 4.14mg, Catechin: 4.14mg Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg Epicatechin: 21.13mg, Epicatechin: 21.13mg, Epicatechin: 21.13mg, Epicatechin: 21.13mg 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 Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.55mg, Quercetin: 9.55mg, Quercetin: 9.55mg, Quercetin: 9.55mg

Nutrients (% of daily need)

Calories: 273.12kcal (13.66%), Fat: 4.96g (7.63%), Saturated Fat: 0.42g (2.64%), Carbohydrates: 59.02g (19.67%), Net Carbohydrates: 52.34g (19.03%), Sugar: 48.36g (53.73%), Cholesterol: 0mg (0%), Sodium: 102.22mg (4.44%), Alcohol: 0.42g (100%), Alcohol %: 0.15% (100%), Protein: 2.91g (5.82%), Fiber: 6.68g (26.73%), Manganese: 0.36mg (18.13%), Vitamin E: 2.72mg (18.1%), Vitamin C: 11.27mg (13.66%), Potassium: 413.81mg (11.82%), Vitamin B2: 0.18mg (10.32%), Magnesium: 41.19mg (10.3%), Phosphorus: 84.95mg (8.49%), Copper: 0.16mg (8.18%), Vitamin B6: 0.12mg (6.01%), Calcium: 58.44mg (5.84%), Vitamin B1: 0.08mg (5.01%), Vitamin K: 4.94µg (4.7%), Iron: 0.71mg (3.93%), Vitamin B3: 0.59mg (2.96%), Vitamin A: 147.64IU (2.95%), Folate: 11.23µg (2.81%), Vitamin B5: 0.27mg (2.67%), Zinc: 0.39mg (2.58%), Selenium: 0.82µg (1.17%)