



## Baked Apples with Apricot and Walnut Filling

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



466 kcal

DESSERT

### Ingredients

- 0.8 cup firmly apricots dried packed chopped
- 0.8 cup firmly brown sugar light packed
- 0.3 cup butter softened
- 6 granny smith apples
- 0.8 cup orange juice fresh
- 3 tablespoons butter unsalted softened
- 0.8 cup walnuts chopped

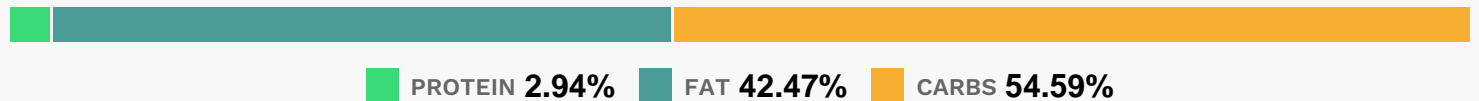
### Equipment

- bowl
- oven
- baking pan

## Directions

- Preheat oven to 375 degrees F.
- In a medium bowl, combine the apricots, walnuts, brown sugar, and butter.
- Core the apples, making each opening large enough to hold 1/6 of the apricot mixture, peel the top third of each apple. Arrange the apples, cavity side up, in a 13 by 9 by 2-inch baking dish, and fill the cavities with the apricot mixture.
- Sprinkle any remaining filling around the apples, pour the orange juice around them, and dot with butter.
- Bake apples 15 minutes and baste with juices. Continue to bake, basting regularly, until tender, about 1 hour.
- Remove from oven and let stand about 10 minutes before serving.
- Transfer to serving bowls, spoon juices over, and serve.
- Sauternes ? B&G or Filhot

## Nutrition Facts



## Properties

Glycemic Index:31.23, Glycemic Load:11.49, Inflammation Score:-7, Nutrition Score:10.489130430895%

## Flavonoids

Cyanidin: 3.25mg, Cyanidin: 3.25mg, Cyanidin: 3.25mg, Cyanidin: 3.25mg 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 Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg,

Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg  
Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin:  
0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.38mg, Quercetin: 7.38mg, Quercetin: 7.38mg,  
Quercetin: 7.38mg

## **Nutrients (% of daily need)**

Calories: 465.91kcal (23.3%), Fat: 23.34g (35.9%), Saturated Fat: 9.41g (58.84%), Carbohydrates: 67.5g (22.5%),  
Net Carbohydrates: 60.91g (22.15%), Sugar: 57.28g (63.64%), Cholesterol: 35.39mg (11.8%), Sodium: 73.33mg  
(3.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.27%), Manganese: 0.62mg (31.17%), Vitamin C:  
24.22mg (29.36%), Fiber: 6.6g (26.38%), Vitamin A: 1160.15IU (23.2%), Copper: 0.37mg (18.26%), Potassium:  
550.26mg (15.72%), Magnesium: 43.62mg (10.91%), Vitamin E: 1.53mg (10.19%), Vitamin B6: 0.2mg (10.03%),  
Phosphorus: 92.48mg (9.25%), Folate: 31.49µg (7.87%), Vitamin B1: 0.11mg (7.46%), Iron: 1.34mg (7.43%), Calcium:  
64.38mg (6.44%), Vitamin K: 6.09µg (5.8%), Vitamin B2: 0.1mg (5.66%), Vitamin B3: 0.91mg (4.56%), Zinc: 0.63mg  
(4.18%), Vitamin B5: 0.39mg (3.92%), Selenium: 1.6µg (2.29%)