



Baked Apples with Brown Sugar

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



283 kcal

DESSERT

Ingredients

- 2 tablespoons butter
- 2 egg yolks
- 4 servings ground cinnamon for sprinkling
- 4 tablespoons brown sugar light
- 0.5 pint whipped cream light melted (recommended: Ben and Jerry's)
- 2 golden delicious apples

Equipment

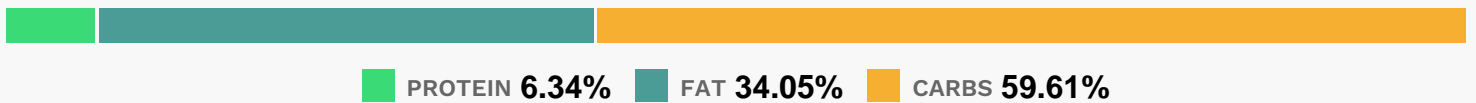
- sauce pan

- oven
- whisk
- mixing bowl
- baking pan

Directions

- Watch how to make this recipe.
- Preheat oven to 350 degrees F.
- Wash and dry apples.
- Cut the apples in half and remove the core but leave any stems intact.
- Place apples in baking dish. Divide butter among each core cavity. Top each apple half with a tablespoon of sugar and dash with cinnamon.
- Bake apples until the flesh is tender and they're bubbly and perfect looking, about 30 minutes.
- Serve with Creamy Custard Sauce.
- Heat the melted ice cream in a small saucepan over low heat until hot. Meanwhile, put the yolks in a mixing bowl and whisk until smooth. While whisking, slowly drizzle about 1 or 2 tablespoons hot melted ice cream into the yolks until blended. While whisking constantly, slowly add the rest of the hot liquid to the yolk mixture.
- Pour the mixture back into the saucepan and return to low heat.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:9.57, Inflammation Score:-4, Nutrition Score:7.1165217109348%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate:

0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg
Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg,
Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol:
0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg,
Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 283.49kcal (14.17%), Fat: 11.1g (17.07%), Saturated Fat: 6.22g (38.89%), Carbohydrates: 43.72g (14.57%),
Net Carbohydrates: 40.29g (14.65%), Sugar: 34.27g (38.08%), Cholesterol: 128.22mg (42.74%), Sodium: 97.57mg
(4.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.65g (9.3%), Manganese: 0.4mg (19.84%), Calcium:
143.98mg (14.4%), Fiber: 3.42g (13.69%), Vitamin B2: 0.23mg (13.25%), Vitamin A: 624.73IU (12.49%), Phosphorus:
109.47mg (10.95%), Selenium: 6.5µg (9.28%), Vitamin B12: 0.47µg (7.76%), Potassium: 256.47mg (7.33%), Vitamin
B5: 0.64mg (6.4%), Vitamin C: 4.97mg (6.03%), Vitamin B6: 0.1mg (5.19%), Folate: 19.87µg (4.97%), Zinc: 0.72mg
(4.81%), Vitamin E: 0.68mg (4.51%), Vitamin B1: 0.06mg (4.23%), Iron: 0.72mg (4%), Magnesium: 15.7mg (3.93%),
Vitamin D: 0.55µg (3.63%), Vitamin K: 3.42µg (3.25%), Copper: 0.05mg (2.7%), Vitamin B3: 0.21mg (1.04%)