



Baked Apples with Candied Walnuts



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



243 kcal

DESSERT

Ingredients

- ☐ 0.3 cup crème fraîche sour thick (preferably Greek)
- ☐ 2 teaspoons honey plus additional for drizzling
- ☐ 2 golden delicious apples
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.5 tablespoon butter unsalted
- ☐ 0.5 cup walnut pieces toasted

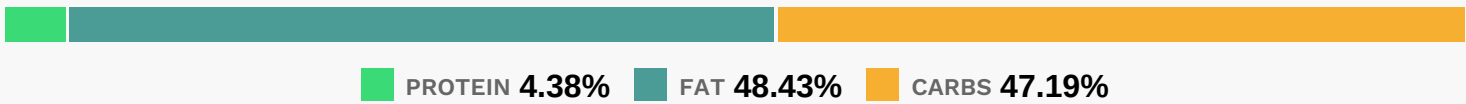
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife

Directions

- ☐ Put oven rack in middle position and preheat oven to 450°F. Oil a baking sheet.
- ☐ Halve apples lengthwise and remove core with a melon-ball cutter or a paring knife. Melt butter in a 10-inch heavy ovenproof skillet over moderate heat and sprinkle with 1/2 tablespoon sugar. Arrange apple halves, cut sides down, on sugar and cook, undisturbed, until sugar begins to caramelize, 3 to 5 minutes.
- ☐ Transfer skillet to oven and bake apples until tender, about 15 minutes.
- ☐ While apples are baking, cook remaining 1/4 cup sugar with salt in a dry 7- to 8-inch heavy skillet over moderately high heat, undisturbed, until sugar begins to melt, about 2 minutes. Continue to cook, stirring occasionally with a fork, until sugar is melted into a deep golden caramel, 1 to 2 minutes more.
- ☐ Remove from heat.
- ☐ Add walnuts, stirring to coat, then pour onto baking sheet and cool 10 minutes. Break nuts into small pieces if necessary.
- ☐ Stir together yogurt and 2 teaspoons honey.
- ☐ Serve apples, cut sides up, topped with yogurt and nuts.
- ☐ Drizzle with additional honey if desired.

Nutrition Facts



Properties

Glycemic Index:43.59, Glycemic Load:13.75, Inflammation Score:-3, Nutrition Score:5.3173913430908%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg 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: 242.74kcal (12.14%), Fat: 13.94g (21.44%), Saturated Fat: 3.27g (20.46%), Carbohydrates: 30.56g (10.19%),
Net Carbohydrates: 27.39g (9.96%), Sugar: 25.69g (28.54%), Cholesterol: 12.24mg (4.08%), Sodium: 151.46mg
(6.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.67%), Manganese: 0.54mg (26.82%), Copper:
0.26mg (13.11%), Fiber: 3.17g (12.68%), Magnesium: 29.2mg (7.3%), Phosphorus: 72.1mg (7.21%), Vitamin B6: 0.12mg
(6.13%), Vitamin C: 4.52mg (5.48%), Potassium: 182.35mg (5.21%), Vitamin B1: 0.07mg (4.55%), Folate: 18.05µg
(4.51%), Vitamin B2: 0.07mg (4.36%), Vitamin A: 185.35IU (3.71%), Zinc: 0.55mg (3.64%), Calcium: 35.16mg (3.52%),
Iron: 0.57mg (3.15%), Vitamin K: 2.73µg (2.6%), Vitamin E: 0.36mg (2.41%), Selenium: 1.37µg (1.96%), Vitamin B5:
0.19mg (1.91%), Vitamin B3: 0.26mg (1.32%)