



Baked Apples with Cinnamon Roll Yogurt

READY IN



40 min.

SERVINGS



8

CALORIES



134 kcal

Ingredients

- ☐ 4 medium apples
- ☐ 6 oz cinnamon bun dough light thick yoplait®
- ☐ 1 teaspoon nutmeg
- ☐ 4 large marshmallows cut in half

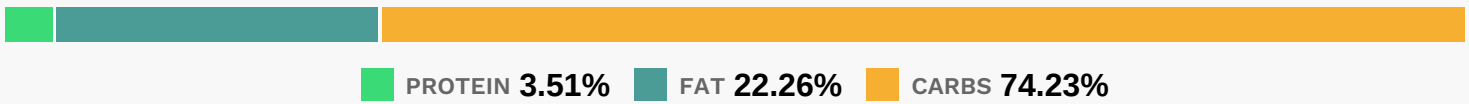
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 400°F.
- ☐ Cut each apple in half lengthwise; scoop out seeds and cores.
- ☐ Spoon about 1 tablespoon yogurt into each of the apple centers.
- ☐ Sprinkle with nutmeg.
- ☐ Place filled apples in ungreased 13x9-inch (3-quart) baking dish.
- ☐ Pour water into baking dish until half full.
- ☐ Bake 30 to 40 minutes or until apples are tender. Set oven control to broil. Top each apple with marshmallow half. Broil apples with tops of marshmallows 4 to 6 inches from heat about 30 seconds or until marshmallows are golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:27.69, Glycemic Load:11.36, Inflammation Score:-1, Nutrition Score:1.5795652140742%

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: 133.72kcal (6.69%), Fat: 3.49g (5.36%), Saturated Fat: 1.48g (9.24%), Carbohydrates: 26.16g (8.72%), Net Carbohydrates: 23.92g (8.7%), Sugar: 16.17g (17.97%), Cholesterol: 0mg (0%), Sodium: 156.28mg (6.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.47%), Fiber: 2.24g (8.96%), Vitamin C: 4.19mg (5.08%), Potassium: 98.42mg (2.81%), Iron: 0.46mg (2.54%), Manganese: 0.04mg (1.97%), Vitamin K: 2µg (1.91%), Vitamin B6: 0.04mg (1.89%), Copper: 0.03mg (1.53%), Vitamin B2: 0.02mg (1.4%), Magnesium: 5.08mg (1.27%), Vitamin E: 0.16mg (1.09%), Vitamin B1: 0.02mg (1.09%), Phosphorus: 10.82mg (1.08%)