



Baked Apples with Cranberries, Raisins, and Apricots



Vegetarian



Gluten Free

READY IN



95 min.

SERVINGS



4

CALORIES



475 kcal

DESSERT

Ingredients

- ☐ 2 cups sparkling apple-cranberry juice
- ☐ 0.3 cup concentrated cranberry juice cocktail frozen thawed
- ☐ 0.3 cup apricots dried chopped
- ☐ 0.5 cup cranberries dried
- ☐ 0.3 cup brown sugar packed ()
- ☐ 0.5 cup golden raisins
- ☐ 0.8 teaspoon ground allspice divided

- ☐ 4 large golden delicious apples
- ☐ 0.3 cup butter unsalted melted ()

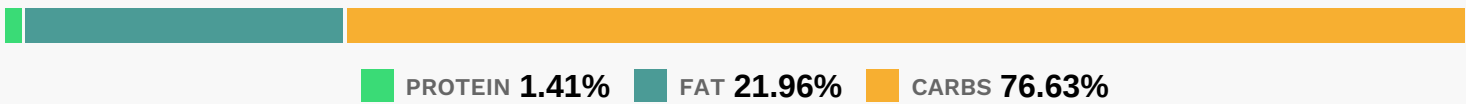
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ glass baking pan
- ☐ melon baller

Directions

- ☐ Preheat oven to 400°F.
- ☐ Remove stems from apples.Using melon baller, scoop out core of each apple, making 1-inch-wide hollow center but leaving bottom of apple intact. Make 1/8-inch-deep cut in skin around center of each apple. Arrange apples, hollowed side up, in 8x8x2-inch glass baking dish.
- ☐ Mix raisins, cranberries, sugar, apricots, and 1/2 teaspoon allspice in small bowl. Pack fruit mixture into hollows of apples.
- ☐ Sprinkle any remaining fruit mixture around apples in dish.
- ☐ Drizzle butter into filling and around apples in dish.
- ☐ Pour sparkling juice and cranberry concentrate into dish.
- ☐ Sprinkle remaining 1/4 teaspoon allspice into dish.
- ☐ Bake apples uncovered until tender, occasionally basting with cranberry juice mixture, about 1 hour 10 minutes.
- ☐ Transfer apples to 4 bowls.
- ☐ Pour juices from dish into medium saucepan and boil until thick enough to coat spoon, about 4 minutes. Spoon sauce over apples.

Nutrition Facts



Properties

Glycemic Index:59.45, Glycemic Load:24.31, Inflammation Score:-6, Nutrition Score:8.4356521225494%

Flavonoids

Cyanidin: 3.68mg, Cyanidin: 3.68mg, Cyanidin: 3.68mg, Cyanidin: 3.68mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 22.79mg, Epicatechin: 22.79mg, Epicatechin: 22.79mg, Epicatechin: 22.79mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 11.13mg, Quercetin: 11.13mg, Quercetin: 11.13mg, Quercetin: 11.13mg

Nutrients (% of daily need)

Calories: 474.9kcal (23.75%), Fat: 12.39g (19.06%), Saturated Fat: 7.43g (46.44%), Carbohydrates: 97.23g (32.41%), Net Carbohydrates: 89.43g (32.52%), Sugar: 80.86g (89.85%), Cholesterol: 30.5mg (10.17%), Sodium: 18.23mg (0.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.57%), Fiber: 7.8g (31.21%), Vitamin C: 18.9mg (22.91%), Potassium: 634.65mg (18.13%), Manganese: 0.32mg (15.79%), Vitamin A: 772.32IU (15.45%), Vitamin B6: 0.2mg (9.92%), Vitamin E: 1.47mg (9.8%), Copper: 0.19mg (9.64%), Vitamin K: 8.1µg (7.71%), Vitamin B2: 0.13mg (7.59%), Magnesium: 29.5mg (7.37%), Iron: 1.19mg (6.62%), Phosphorus: 65.75mg (6.58%), Calcium: 60.31mg (6.03%), Vitamin B1: 0.07mg (4.65%), Vitamin B3: 0.84mg (4.19%), Vitamin B5: 0.34mg (3.45%), Folate: 8.79µg (2.2%), Zinc: 0.25mg (1.64%), Vitamin D: 0.21µg (1.42%), Selenium: 0.92µg (1.32%)