



Baked Apples with Meringue



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



355 kcal

DESSERT

Ingredients

- ☐ 0.5 cup apple cider
- ☐ 1 teaspoon brown sugar
- ☐ 1 tablespoon rum dark
- ☐ 1 tablespoon currants dried
- ☐ 2 large egg whites
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 cup maple syrup
- ☐ 1 tablespoon butter

☐ 2 cups mcintosh chopped (2 apples)

☐ 4 mcintosh

Equipment

☐ frying pan

☐ oven

☐ blender

☐ baking pan

☐ aluminum foil

☐ ziploc bags

☐ pastry bag

Directions

☐ Preheat oven to 35

☐ Melt margarine in a large skillet over medium-high heat; add 2 cups chopped apple, and saut 5 minutes. Stir in currants, rum, and brown sugar, and cook 1 minute. Set aside.

☐ Core 4 apples, cutting to, but not through, bottoms. Enlarge cavity of each apple by cutting out about 1 inch around inside of core. Peel top half of each apple.

☐ Place apples in an 8-inch square baking dish. Spoon 1/2 cup apple mixture into center of each apple.

☐ Pour maple syrup and cider over apples; cover dish with foil.

☐ Bake at 350 for 15 minutes.

☐ Remove from oven; uncover dish.

☐ Beat the egg whites at high speed of a mixer until foamy.

☐ Add granulated sugar, 1 tablespoon at a time, beating until stiff peaks form. Spoon the mixture into a pastry bag fitted with a star tip. Pipe the egg white mixture onto tops of apples.

☐ Bake the apples at 350 for an additional 20 minutes or until lightly browned.

☐ Serve baked apples with sauce.

☐ Note: A heavy-duty zip-top plastic bag can be used instead of a pastry bag. Spoon egg white mixture into bag; Snip 1 bottom corner of bag for opening.

Nutrition Facts



PROTEIN 2.89% FAT 8.29% CARBS 88.82%

Properties

Glycemic Index:62.84, Glycemic Load:29.56, Inflammation Score:-4, Nutrition Score:8.9478262429652%

Flavonoids

Cyanidin: 3.84mg, Cyanidin: 3.84mg, Cyanidin: 3.84mg, Cyanidin: 3.84mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.55mg, Catechin: 3.55mg, Catechin: 3.55mg, Catechin: 3.55mg Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg Epicatechin: 19.8mg, Epicatechin: 19.8mg, Epicatechin: 19.8mg, Epicatechin: 19.8mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 9.98mg, Quercetin: 9.98mg, Quercetin: 9.98mg, Quercetin: 9.98mg

Nutrients (% of daily need)

Calories: 354.59kcal (17.73%), Fat: 3.35g (5.15%), Saturated Fat: 0.66g (4.14%), Carbohydrates: 80.67g (26.89%), Net Carbohydrates: 74.57g (27.12%), Sugar: 68.28g (75.87%), Cholesterol: 0mg (0%), Sodium: 69.7mg (3.03%), Alcohol: 1.25g (100%), Alcohol %: 0.45% (100%), Protein: 2.63g (5.25%), Manganese: 1.05mg (52.72%), Vitamin B2: 0.66mg (38.9%), Fiber: 6.09g (24.37%), Vitamin C: 11.7mg (14.18%), Potassium: 441.13mg (12.6%), Calcium: 67.36mg (6.74%), Magnesium: 25.51mg (6.38%), Vitamin B6: 0.12mg (5.91%), Vitamin B1: 0.08mg (5.44%), Vitamin K: 5.5µg (5.24%), Vitamin A: 260.26IU (5.21%), Selenium: 3.44µg (4.92%), Copper: 0.09mg (4.33%), Vitamin E: 0.56mg (3.7%), Phosphorus: 36.14mg (3.61%), Zinc: 0.41mg (2.72%), Iron: 0.47mg (2.62%), Folate: 8.41µg (2.1%), Vitamin B5: 0.2mg (2.01%), Vitamin B3: 0.36mg (1.79%)