



Baked Apples with Mincemeat, Cherries, and Walnuts

 Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



513 kcal

Ingredients

- ☐ 25.4 ounce sparkling apple cider
- ☐ 36 ounces fuji apples
- ☐ 0.3 cup cherries dried
- ☐ 1 tablespoon crystallized ginger chopped
- ☐ 0.8 cup purchased mincemeat with rum and brandy
- ☐ 0.3 cup currant jelly red
- ☐ 2 tablespoons butter unsalted ()
- ☐ 0.3 cup walnuts chopped

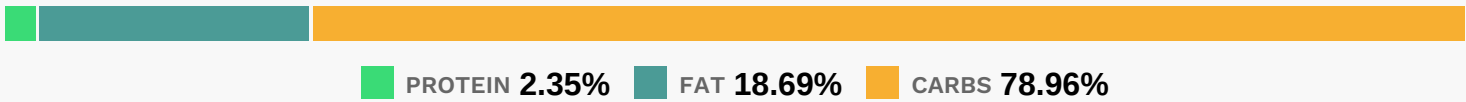
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ melon baller

Directions

- ☐ Preheat oven to 400°F. Boil first 3 ingredients in large skillet until reduced to 1 1/4 cups, about 12 minutes.
- ☐ Meanwhile, cut cone-shaped piece from stem end of each apple, 2 inches wide at top and 1 inch deep. Using melon baller, core, leaving bottom intact. Turn apple on its side. Starting halfway down, make 1/4-inch-deep slit all around.
- ☐ Mix mincemeat, walnuts, cherries, and crystallized ginger in small bowl; spoon into apples, mounding in center.
- ☐ Arrange apples in 11x7x2-inch baking dish. Spoon cider mixture over and around.
- ☐ Bake until apples are tender, about 45 minutes.
- ☐ Serve in shallow bowls.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:42.44, Glycemic Load:25.74, Inflammation Score:-5, Nutrition Score:8.0795652199051%

Flavonoids

Cyanidin: 6.85mg, Cyanidin: 6.85mg, Cyanidin: 6.85mg, Cyanidin: 6.85mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 5.94mg, Catechin: 5.94mg, Catechin: 5.94mg, Catechin: 5.94mg Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg Epicatechin: 28.12mg,

Epicatechin: 28.12mg, Epicatechin: 28.12mg, Epicatechin: 28.12mg Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg Epigallocatechin 3–gallate: 0.48mg, Epigallocatechin 3–gallate: 0.48mg, Epigallocatechin 3–gallate: 0.48mg, Epigallocatechin 3–gallate: 0.48mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.47mg, Quercetin: 11.47mg, Quercetin: 11.47mg, Quercetin: 11.47mg

Nutrients (% of daily need)

Calories: 513.44kcal (25.67%), Fat: 11.15g (17.15%), Saturated Fat: 4.16g (26%), Carbohydrates: 105.94g (35.31%), Net Carbohydrates: 97.58g (35.48%), Sugar: 85.79g (95.32%), Cholesterol: 15.05mg (5.02%), Sodium: 253.25mg (11.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.31%), Fiber: 8.36g (33.43%), Manganese: 0.49mg (24.35%), Vitamin C: 15.93mg (19.3%), Potassium: 524.26mg (14.98%), Copper: 0.23mg (11.72%), Vitamin B6: 0.19mg (9.25%), Magnesium: 35.25mg (8.81%), Vitamin B2: 0.13mg (7.61%), Vitamin B1: 0.11mg (7.48%), Phosphorus: 73.5mg (7.35%), Vitamin A: 321.49IU (6.43%), Vitamin K: 6.48µg (6.17%), Iron: 0.87mg (4.84%), Vitamin E: 0.72mg (4.82%), Folate: 17.71µg (4.43%), Calcium: 43.93mg (4.39%), Vitamin B5: 0.31mg (3.15%), Zinc: 0.39mg (2.59%), Vitamin B3: 0.47mg (2.35%), Selenium: 1.03µg (1.48%)