



## Baked Apples with Mint

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



237 kcal

DESSERT

### Ingredients

- 0.3 cup brown sugar
- 4 teaspoons butter
- 1 tablespoon mint leaves fresh chopped
- 0.5 cup raisins
- 4 delicious apples red

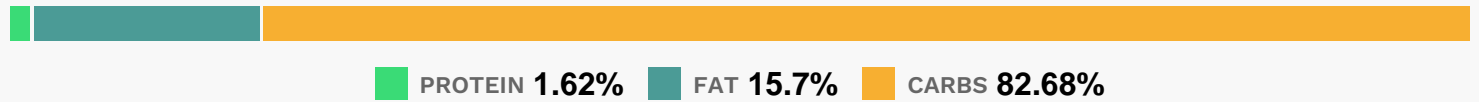
### Equipment

- oven
- baking pan

# Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Core apples and peel off a 1 inch strip around the hole on the top of each apple.
- Place apples in a shallow baking dish.
- Combine raisins, brown sugar, and mint leaves. Fill apples with the raisin mixture. Top the raisin filling in each apple with 1 teaspoon butter.
- Bake in a preheated 350 degrees F (175 degrees C) oven for 50 minutes, until apples are tender.

# Nutrition Facts



# Properties

Glycemic Index:35.2, Glycemic Load:14.28, Inflammation Score:-4, Nutrition Score:4.6647825908402%

# Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

# Nutrients (% of daily need)

Calories: 237.26kcal (11.86%), Fat: 4.47g (6.88%), Saturated Fat: 2.66g (16.6%), Carbohydrates: 53.02g (17.67%), Net Carbohydrates: 47.32g (17.21%), Sugar: 32.27g (35.85%), Cholesterol: 10.75mg (3.58%), Sodium: 43.28mg (1.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.07%), Fiber: 5.7g (22.8%), Vitamin C: 9.75mg (11.82%), Potassium: 370.87mg (10.6%), Manganese: 0.14mg (6.78%), Vitamin B6: 0.12mg (5.8%), Copper: 0.11mg (5.72%), Vitamin A: 276.33IU (5.53%), Vitamin B2: 0.09mg (5.02%), Iron: 0.85mg (4.72%), Magnesium: 16.88mg (4.22%), Vitamin K: 4.35µg (4.15%), Phosphorus: 36.28mg (3.63%), Vitamin B1: 0.05mg (3.5%), Calcium: 31.65mg (3.16%),

Vitamin E: 0.44mg (2.96%), Vitamin B3: 0.41mg (2.03%), Folate: 7.72µg (1.93%), Vitamin B5: 0.15mg (1.47%)