



Baked Apples with Pecans and Cranberries



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



287 kcal

DESSERT

Ingredients

- ☐ 1 cup unfiltered apple cider
- ☐ 2 sticks in.) cinnamon
- ☐ 0.3 cup brown sugar dark
- ☐ 0.5 cup cranberries dried
- ☐ 0.8 cup pecans chopped
- ☐ 6 cripps pink apples organic (aka Pink Lady)

Equipment

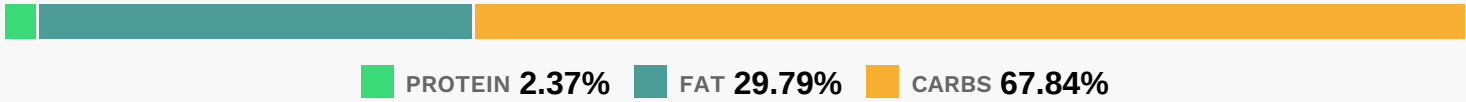
- ☐ frying pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Slice tops (including stems) off apples. Core, put in an ungreased 9- by 13-in. baking pan, and fill with pecans and dried cranberries. Put tops back on apples.
- ☐ Mix apple cider with brown sugar and pour into pan; add cinnamon sticks.
- ☐ Bake at 375 for 30 minutes.
- ☐ Serve with the pan syrup.

Nutrition Facts



Properties

Glycemic Index:14.63, Glycemic Load:8.49, Inflammation Score:-4, Nutrition Score:7.5839130100997%

Flavonoids

Cyanidin: 4.39mg, Cyanidin: 4.39mg, Cyanidin: 4.39mg, Cyanidin: 4.39mg Delphinidin: 1mg, Delphinidin: 1mg, Delphinidin: 1mg, Delphinidin: 1mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 3.84mg, Catechin: 3.84mg, Catechin: 3.84mg, Catechin: 3.84mg Epigallocatechin: 1.24mg, Epigallocatechin: 1.24mg, Epigallocatechin: 1.24mg Epicatechin: 15.67mg, Epicatechin: 15.67mg, Epicatechin: 15.67mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.66mg, Epigallocatechin 3-gallate: 0.66mg, Epigallocatechin 3-gallate: 0.66mg, Epigallocatechin 3-gallate: 0.66mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg

Nutrients (% of daily need)

Calories: 287.32kcal (14.37%), Fat: 10.3g (15.84%), Saturated Fat: 0.91g (5.72%), Carbohydrates: 52.75g (17.58%), Net Carbohydrates: 45.84g (16.67%), Sugar: 42.47g (47.19%), Cholesterol: 0mg (0%), Sodium: 7.44mg (0.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.68%), Manganese: 0.94mg (47.21%), Fiber: 6.91g (27.64%), Copper: 0.23mg (11.67%), Vitamin C: 8.94mg (10.84%), Potassium: 316.56mg (9.04%), Vitamin B1: 0.13mg (8.71%), Magnesium: 29.76mg (7.44%), Phosphorus: 62.56mg (6.26%), Vitamin B6: 0.12mg (6.05%), Vitamin K: 5.61µg (5.35%), Vitamin E: 0.76mg (5.08%), Zinc: 0.73mg (4.89%), Iron: 0.83mg (4.63%), Calcium: 46.35mg (4.63%),

Vitamin B2: 0.08mg (4.41%), Vitamin B5: 0.29mg (2.9%), Vitamin A: 109.75IU (2.19%), Vitamin B3: 0.44mg (2.19%),
Folate: 8.65µg (2.16%), Selenium: 0.8µg (1.14%)