



Baked apples with prunes, cinnamon & ginger

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



197 kcal

DESSERT

Ingredients

- ☐ 4 apples whole cored
- ☐ 2 ginger finely chopped
- ☐ 0.5 tsp ground cinnamon
- ☐ 4 prune- cut to pieces chopped
- ☐ 50 g g muscovado sugar light
- ☐ 1 tbsp butter
- ☐ 4 whipped cream

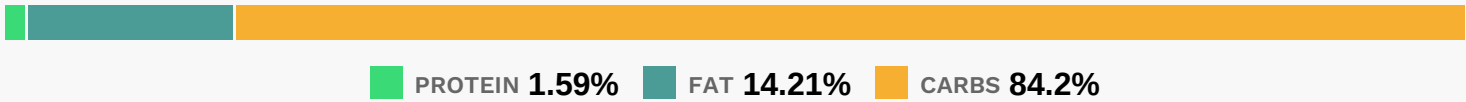
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Using a sharp knife, score a line around the equator of each apple.
- ☐ Put them into a baking dish with a small splash of water in the bottom.
- ☐ In a bowl, combine the ginger, cinnamon, prunes and sugar. Stuff the mixture into the apples so that they are well packed. Top each with a knob of butter and bake for 35–40 mins, or until cooked through. To test, pierce with a sharp knife it should slide straight through. The apples can be cooked up to a day ahead, then warmed through in the oven or microwave before eating.
- ☐ Remove from the oven and baste the apples with the liquid left in the dish.
- ☐ Serve hot or warm with the ice cream.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:8.51, Inflammation Score:-4, Nutrition Score:4.5052173264811%

Flavonoids

Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg 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 Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg

7.48mg, Quercetin: 7.48mg

Nutrients (% of daily need)

Calories: 197.27kcal (9.86%), Fat: 3.37g (5.18%), Saturated Fat: 1.96g (12.25%), Carbohydrates: 44.89g (14.96%), Net Carbohydrates: 39.56g (14.39%), Sugar: 35.14g (39.05%), Cholesterol: 8.07mg (2.69%), Sodium: 29.63mg (1.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.7%), Fiber: 5.33g (21.31%), Vitamin C: 8.63mg (10.45%), Vitamin K: 10.31µg (9.82%), Potassium: 303.33mg (8.67%), Manganese: 0.17mg (8.32%), Vitamin A: 270.26IU (5.41%), Vitamin B6: 0.11mg (5.35%), Copper: 0.09mg (4.62%), Vitamin B2: 0.07mg (4.17%), Magnesium: 16.24mg (4.06%), Calcium: 31.54mg (3.15%), Vitamin E: 0.47mg (3.15%), Phosphorus: 30.72mg (3.07%), Iron: 0.45mg (2.5%), Vitamin B1: 0.04mg (2.5%), Vitamin B3: 0.4mg (2%), Vitamin B5: 0.19mg (1.88%), Folate: 6.55µg (1.64%)