



## Baked Apples with Rum

 Gluten Free

READY IN



48 min.

SERVINGS



6

CALORIES



416 kcal

DESSERT

### Ingredients

- ☐ 1 cup apple cider
- ☐ 2 tablespoons butter cut into small pieces
- ☐ 6 cinnamon sticks
- ☐ 0.5 cup brown sugar dark
- ☐ 0.5 cup rum dark
- ☐ 6 small granny smith washed and cored
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg

- ☐ 6 servings rum raisin ice cream
- ☐ 6 servings kosher salt
- ☐ 6 servings cup heavy whipping cream sour
- ☐ 0.5 cup water

## Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Watch how to make this recipe.
- ☐ These are so satisfying and don't break the calorie bank if eaten without the ice cream. They can also be made without the rum. I have suggested rum raisin ice cream because I love the combination, but vanilla ice cream or even lemon sorbet would be just as delicious.
- ☐ For the glaze: In a medium saucepan, combine the dark brown sugar, rum, water, 1/2 teaspoon salt, nutmeg, cinnamon, and cloves. Stir to blend and bring to a simmer over medium heat. Cook and reduce for 3 to 4 minutes to allow the sugar and other ingredients to blend together.
- ☐ Prepare the apples: Preheat the oven to 375 degrees F. In a baking dish large enough to hold all of the apples, arrange the apples in a single layer. Put a cinnamon stick inside the cavity made from coring each apple.
- ☐ Pour the glaze over the apples and top each with pieces of butter.
- ☐ Add the cider to the bottom of the dish and place it in the center of the oven.
- ☐ Cook the apples, basting them from time to time, 25 to 30 minutes, or until they are tender but not mushy. Cook's Note: Smaller apples will take less time.
- ☐ Serve with scoops of ice cream or sour cream, if desired or just by themselves. They are also delicious leftover.

## Nutrition Facts



Properties

Glycemic Index:46.46, Glycemic Load:16.52, Inflammation Score:-5, Nutrition Score:8.4091305007105%

Flavonoids

Cyanidin: 2.35mg, Cyanidin: 2.35mg, Cyanidin: 2.35mg, Cyanidin: 2.35mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 13.07mg, Epicatechin: 13.07mg, Epicatechin: 13.07mg, Epicatechin: 13.07mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 6.2mg, Quercetin: 6.2mg, Quercetin: 6.2mg, Quercetin: 6.2mg

Nutrients (% of daily need)

Calories: 415.62kcal (20.78%), Fat: 13.79g (21.21%), Saturated Fat: 8.2g (51.24%), Carbohydrates: 62.3g (20.77%), Net Carbohydrates: 56.11g (20.4%), Sugar: 51.6g (57.33%), Cholesterol: 46.15mg (15.38%), Sodium: 290.11mg (12.61%), Alcohol: 6.68g (100%), Alcohol %: 2.54% (100%), Protein: 3.25g (6.51%), Manganese: 0.78mg (38.9%), Fiber: 6.19g (24.75%), Calcium: 164.45mg (16.45%), Vitamin B2: 0.23mg (13.41%), Vitamin A: 561.57IU (11.23%), Potassium: 388.55mg (11.1%), Phosphorus: 103.03mg (10.3%), Vitamin C: 7.86mg (9.53%), Magnesium: 24.41mg (6.1%), Vitamin B6: 0.12mg (5.95%), Vitamin B5: 0.58mg (5.77%), Vitamin K: 5.18µg (4.93%), Vitamin B12: 0.29µg (4.84%), Vitamin E: 0.71mg (4.75%), Copper: 0.09mg (4.66%), Vitamin B1: 0.07mg (4.39%), Zinc: 0.66mg (4.38%), Iron: 0.76mg (4.21%), Selenium: 2.06µg (2.94%), Folate: 9.17µg (2.29%), Vitamin B3: 0.33mg (1.65%)