



Baked Apples with Rum and Cinnamon

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



409 kcal

DESSERT

Ingredients

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

- 6 servings rum raisin ice cream
- 0.5 teaspoon kosher salt

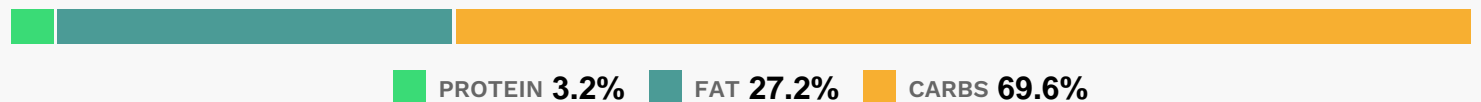
Equipment

- sauce pan
- oven
- baking pan

Directions

- For the glaze: In a medium saucepan, combine the dark brown sugar, rum, 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.
- For 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, until they are tender but not mushy, 25 to 30 minutes (smaller apples will take less time).
- Serve with scoops of ice cream, sour cream, or just by themselves. They are also delicious leftover.

Nutrition Facts



Properties

Glycemic Index:46.46, Glycemic Load:17.73, Inflammation Score:-5, Nutrition Score:8.5360869480216%

Flavonoids

Cyanidin: 2.87mg, Cyanidin: 2.87mg, Cyanidin: 2.87mg, Cyanidin: 2.87mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg

Epicatechin: 15.56mg, Epicatechin: 15.56mg, Epicatechin: 15.56mg, Epicatechin: 15.56mg 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: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg

Nutrients (% of daily need)

Calories: 409.02kcal (20.45%), Fat: 11.51g (17.71%), Saturated Fat: 7g (43.73%), Carbohydrates: 66.3g (22.1%), Net Carbohydrates: 59.32g (21.57%), Sugar: 54.62g (60.69%), Cholesterol: 39.07mg (13.02%), Sodium: 285.73mg (12.42%), Alcohol: 6.68g (100%), Alcohol %: 2.53% (100%), Protein: 3.05g (6.09%), Manganese: 0.79mg (39.41%), Fiber: 6.98g (27.92%), Calcium: 153.72mg (15.37%), Vitamin B2: 0.22mg (12.73%), Potassium: 408.86mg (11.68%), Vitamin C: 9.27mg (11.24%), Vitamin A: 504.63IU (10.09%), Phosphorus: 97.54mg (9.75%), Vitamin B6: 0.13mg (6.38%), Magnesium: 24.66mg (6.16%), Vitamin B5: 0.56mg (5.57%), Vitamin K: 5.72µg (5.45%), Copper: 0.1mg (4.84%), Vitamin E: 0.73mg (4.84%), Vitamin B1: 0.07mg (4.61%), Vitamin B12: 0.27µg (4.42%), Iron: 0.79mg (4.39%), Zinc: 0.63mg (4.19%), Folate: 9.44µg (2.36%), Selenium: 1.62µg (2.31%), Vitamin B3: 0.35mg (1.74%)