



Baked Apples with Rum-Caramel Sauce

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



196 kcal

DESSERT

Ingredients

- 4 medium apples
- 2 tablespoons water
- 1 cup vanilla ice cream low-fat
- 0.3 cup mrs richardson's butterscotch caramel sauce fat-free
- 1 tablespoon apple cider
- 1 Dash ground cinnamon

Equipment

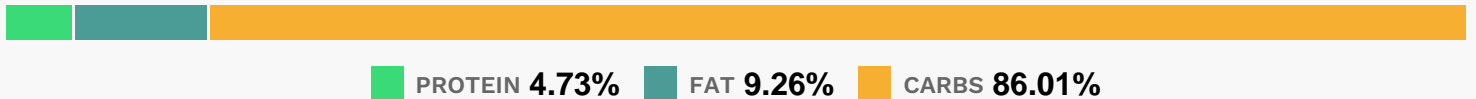
- bowl

- knife
- plastic wrap
- microwave
- apple corer

Directions

- Cut thin slice off bottom and top of each apple. Using paring knife or apple corer, remove core from each apple.
- In 8- or 9-inch square microwavable dish, place apples upright.
- Pour 2 tablespoons water over apples. Cover with microwavable plastic wrap, folding back one edge or corner 1/4 inch to vent steam. Microwave on High 8 to 10 minutes or until apples are tender. Reserve 1 tablespoon cooking liquid.
- Cut each apple in half.
- Place 2 apple halves in each individual serving bowl. For each serving, spoon 1/4 cup ice cream between apple halves. In small bowl, stir caramel topping, 1 tablespoon cooking liquid and the rum; pour over apples.
- Sprinkle with cinnamon.

Nutrition Facts



Properties

Glycemic Index:28.44, Glycemic Load:10.81, Inflammation Score:-4, Nutrition Score:4.7547826041346%

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: 2.41mg, Catechin: 2.41mg, Catechin: 2.41mg, Catechin: 2.41mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.88mg, Epicatechin: 13.88mg, Epicatechin: 13.88mg, Epicatechin: 13.88mg 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: 7.32mg, Quercetin: 7.32mg, Quercetin: 7.32mg, Quercetin: 7.32mg

Nutrients (% of daily need)

Calories: 195.89kcal (9.79%), Fat: 2.15g (3.31%), Saturated Fat: 1.17g (7.29%), Carbohydrates: 45g (15%), Net Carbohydrates: 40.38g (14.68%), Sugar: 35.74g (39.71%), Cholesterol: 10.26mg (3.42%), Sodium: 78.66mg (3.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.95%), Fiber: 4.62g (18.49%), Vitamin C: 8.94mg (10.84%), Vitamin B2: 0.14mg (8.53%), Potassium: 287.97mg (8.23%), Calcium: 82.05mg (8.21%), Phosphorus: 65.09mg (6.51%), Manganese: 0.12mg (5.96%), Vitamin A: 282.01IU (5.64%), Vitamin B6: 0.09mg (4.64%), Vitamin K: 4.23µg (4.03%), Magnesium: 15.54mg (3.88%), Vitamin B1: 0.05mg (3.46%), Vitamin B12: 0.2µg (3.4%), Vitamin B5: 0.32mg (3.19%), Copper: 0.06mg (2.9%), Vitamin E: 0.39mg (2.58%), Zinc: 0.36mg (2.38%), Folate: 8.04µg (2.01%), Iron: 0.32mg (1.75%), Selenium: 0.96µg (1.36%), Vitamin B3: 0.22mg (1.12%)