



Baked Apples with Sweet Potato Stuffing

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



377 kcal

DESSERT

Ingredients

- 6 baking apples cored peeled
- 0.3 cup brown sugar packed
- 6 large marshmallows
- 0.3 cup pecans chopped
- 0.5 cup pineapple crushed drained
- 0.5 cup cinnamon candies red hot
- 29 ounce sweet potatoes drained canned
- 1 cup water

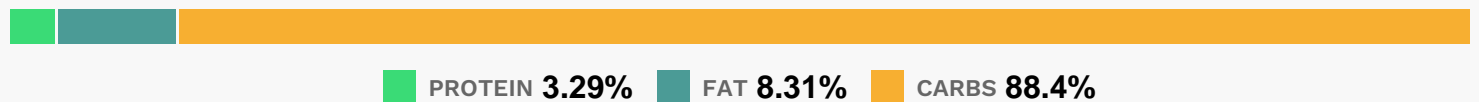
Equipment

- oven
- pot
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large pot over medium heat, combine the candies and water. Stir until candies are dissolved.
- Add the apples and baste frequently until apples begin to soften.
- Remove from heat and allow to cool.
- Mix together the sweet potatoes, brown sugar, pineapple and pecans.
- Stuff the cooled apples with the sweet potato mixture. Mound any remaining mixture on top of apples.
- Place in 4 quart casserole dish and bake for 20 minutes; place a marshmallow on each apple, return to oven and cook until marshmallows are golden brown.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:23.7, Inflammation Score:-10, Nutrition Score:14.887391261432%

Flavonoids

Cyanidin: 3.35mg, Cyanidin: 3.35mg, Cyanidin: 3.35mg, Cyanidin: 3.35mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.69mg, Catechin: 2.69mg, Catechin: 2.69mg, Catechin: 2.69mg Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg Epicatechin: 13.74mg, Epicatechin: 13.74mg, Epicatechin: 13.74mg, Epicatechin: 13.74mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin:

0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg

Nutrients (% of daily need)

Calories: 377.35kcal (18.87%), Fat: 3.68g (5.67%), Saturated Fat: 0.36g (2.26%), Carbohydrates: 88.18g (29.39%), Net Carbohydrates: 79g (28.73%), Sugar: 55.89g (62.1%), Cholesterol: 0mg (0%), Sodium: 88.37mg (3.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.56%), Vitamin A: 19550.09IU (391%), Fiber: 9.18g (36.71%), Manganese: 0.63mg (31.5%), Potassium: 716.18mg (20.46%), Vitamin B6: 0.39mg (19.53%), Copper: 0.35mg (17.52%), Vitamin C: 13.56mg (16.44%), Magnesium: 53.44mg (13.36%), Vitamin B5: 1.26mg (12.63%), Vitamin B1: 0.19mg (12.53%), Phosphorus: 99.43mg (9.94%), Vitamin B2: 0.14mg (8.3%), Iron: 1.33mg (7.37%), Calcium: 69.9mg (6.99%), Vitamin K: 6.77µg (6.45%), Folate: 22.71µg (5.68%), Vitamin B3: 1.06mg (5.28%), Vitamin E: 0.75mg (5.01%), Zinc: 0.72mg (4.8%), Selenium: 1.34µg (1.91%)