



Country Apple Dessert

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



134 kcal

Ingredients

- 2 medium apples cored unpeeled cut into chunks
- 1 tablespoon butter cubed
- 0.5 teaspoon cinnamon
- 0.5 cup grapes seedless
- 0.5 cup orange juice
- 8 ounce pineapple chunks undrained canned

Equipment

- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place apples, pineapple chunks with juice, grapes, and orange juice in a medium baking dish.
- Sprinkle with cinnamon, dot with butter pieces, and cover.
- Bake in the preheated oven for 25 minutes, or until apples are tender.
- Serve hot.

Nutrition Facts

PROTEIN 2.53% **FAT 19.57%** **CARBS 77.9%**

Properties

Glycemic Index:46.25, Glycemic Load:6.46, Inflammation Score:-4, Nutrition Score:4.8491304209051%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 134.03kcal (6.7%), Fat: 3.15g (4.85%), Saturated Fat: 1.85g (11.55%), Carbohydrates: 28.22g (9.41%), Net Carbohydrates: 24.94g (9.07%), Sugar: 23.09g (25.65%), Cholesterol: 7.53mg (2.51%), Sodium: 24.69mg (1.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.84%), Vitamin C: 25.63mg (31.07%), Fiber: 3.29g (13.14%), Potassium: 267.65mg (7.65%), Vitamin B1: 0.11mg (7.63%), Copper: 0.12mg (6.18%), Vitamin B6: 0.11mg (5.45%), Vitamin K: 5.51µg (5.25%), Vitamin A: 240.15IU (4.8%), Manganese: 0.09mg (4.66%), Magnesium: 18.01mg (4.5%), Folate: 15.36µg (3.84%), Vitamin B2: 0.06mg (3.49%), Phosphorus: 24.02mg (2.4%), Iron: 0.42mg (2.33%), Calcium: 23.17mg (2.32%), Vitamin E: 0.31mg (2.07%), Vitamin B3: 0.41mg (2.04%), Vitamin B5: 0.13mg (1.29%)