



Cranberry & marzipan baked apples



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



374 kcal

DESSERT

Ingredients

- ☐ 100 g marzipan
- ☐ 100 g cranberries fresh
- ☐ 2 tbsp almonds flaked
- ☐ 2 tbsp clear honey
- ☐ 4 cooking apples (Bramley's are best)
- ☐ 6 tbsp water
- ☐ 4 servings clotted cream to serve

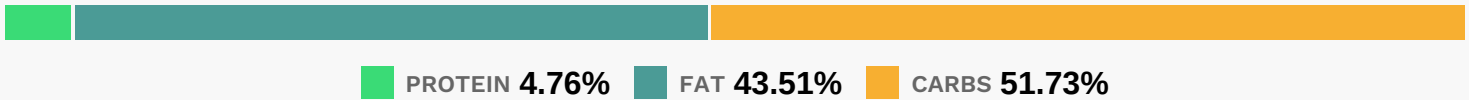
Equipment

- ☐ oven
- ☐ knife

Directions

- ☐ Chop marzipan into small chunks and mix with the cranberries, flaked almonds and honey.
- ☐ Core apples and mark a line around the circumference of each using a sharp knife. Set the apples in a shallow ovenproof dish that fits them snugly and stuff the cavities with the cranberry mix.
- ☐ Pour the water into the dish.
- ☐ Bake at fan 170C/conventional 190C/gas 5 for 30–40 minutes until the apples are tender. Cool for 10 minutes before serving with custard or clotted cream.

Nutrition Facts



Properties

Glycemic Index:34.82, Glycemic Load:12.14, Inflammation Score:–5, Nutrition Score:9.4560869634151%

Flavonoids

Cyanidin: 14.59mg, Cyanidin: 14.59mg, Cyanidin: 14.59mg, Cyanidin: 14.59mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.33mg, Peonidin: 12.33mg, Peonidin: 12.33mg, Peonidin: 12.33mg Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 14.83mg, Epicatechin: 14.83mg, Epicatechin: 14.83mg, Epicatechin: 14.83mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.59mg, Epigallocatechin 3–gallate: 0.59mg, Epigallocatechin 3–gallate: 0.59mg, Epigallocatechin 3–gallate: 0.59mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 11.03mg, Quercetin: 11.03mg, Quercetin: 11.03mg, Quercetin: 11.03mg

Nutrients (% of daily need)

Calories: 374.31kcal (18.72%), Fat: 18.99g (29.21%), Saturated Fat: 6.72g (42.02%), Carbohydrates: 50.79g (16.93%), Net Carbohydrates: 44.13g (16.05%), Sugar: 39.18g (43.53%), Cholesterol: 24mg (8%), Sodium: 12.16mg (0.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.34%), Vitamin E: 5.14mg (34.25%), Manganese: 0.65mg (32.57%), Fiber: 6.66g (26.66%), Magnesium: 60.53mg (15.13%), Vitamin C: 11.92mg (14.45%), Vitamin B2: 0.2mg (11.81%), Copper: 0.23mg (11.73%), Phosphorus: 116.24mg (11.62%), Potassium: 337.35mg (9.64%), Vitamin B3: 1.24mg (6.21%), Folate: 23.12µg (5.78%), Iron: 0.98mg (5.45%), Vitamin B6: 0.11mg (5.41%), Calcium: 50.92mg (5.09%), Vitamin K: 5.25µg (5%), Vitamin B1: 0.07mg (4.78%), Zinc: 0.65mg (4.34%), Vitamin A: 176.46IU (3.53%), Vitamin B5: 0.29mg (2.9%)