



Delicious Cinnamon Baked Apples



Vegetarian



Gluten Free



Popular

READY IN



60 min.

SERVINGS



6

CALORIES



149 kcal

DESSERT

Ingredients

- ☐ 6 large apples cored peeled sliced
- ☐ 2 tablespoons brown sugar
- ☐ 1 teaspoon butter
- ☐ 3 teaspoons ground cinnamon
- ☐ 1 teaspoon ground nutmeg
- ☐ 3 teaspoons tsp vanilla sugar
- ☐ 3.5 tablespoons water

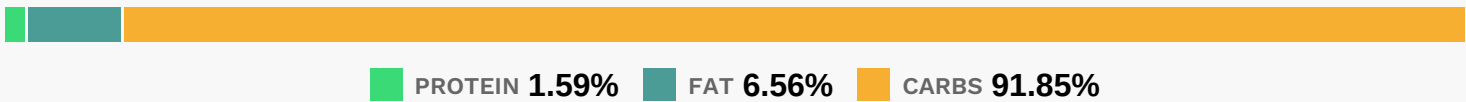
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a large baking dish with the butter.
- ☐ Mix brown sugar, vanilla sugar, cinnamon, and nutmeg in a small bowl.
- ☐ Layer about 1/3 of the apples in prepared baking dish; sprinkle with 1/3 of the sugar mixture. Repeat layers twice more.
- ☐ Bake in preheated oven for 30 minutes.
- ☐ Pour water over apples and continue baking until tender, about 15 minutes more.

Nutrition Facts



Properties

Glycemic Index:37.85, Glycemic Load:9.61, Inflammation Score:-3, Nutrition Score:4.2621739035391%

Flavonoids

Cyanidin: 3.5mg, Cyanidin: 3.5mg, Cyanidin: 3.5mg, Cyanidin: 3.5mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.9mg, Catechin: 2.9mg, Catechin: 2.9mg, Catechin: 2.9mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 16.79mg, Epicatechin: 16.79mg, Epicatechin: 16.79mg, Epicatechin: 16.79mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg

Nutrients (% of daily need)

Calories: 149.05kcal (7.45%), Fat: 1.19g (1.84%), Saturated Fat: 0.58g (3.63%), Carbohydrates: 37.66g (12.55%), Net Carbohydrates: 31.71g (11.53%), Sugar: 29.19g (32.43%), Cholesterol: 1.79mg (0.6%), Sodium: 9.32mg (0.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.3%), Fiber: 5.95g (23.81%), Manganese: 0.26mg (13.25%), Vitamin C: 10.31mg (12.49%), Potassium: 249.65mg (7.13%), Vitamin K: 5.28µg (5.03%), Vitamin B6: 0.1mg (4.76%), Copper: 0.07mg (3.52%), Vitamin B2: 0.06mg (3.48%), Magnesium: 12.82mg (3.21%), Vitamin E: 0.44mg

(2.96%), Vitamin A: 144.54IU (2.89%), Calcium: 27.82mg (2.78%), Phosphorus: 26.24mg (2.62%), Vitamin B1: 0.04mg (2.62%), Iron: 0.39mg (2.17%), Folate: 7.07µg (1.77%), Vitamin B5: 0.15mg (1.46%), Vitamin B3: 0.23mg (1.13%)