



EASY Baked Apple Slices



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



2

CALORIES



231 kcal

DESSERT

Ingredients

- ☐ 4 cups apples – use apples that cook up peeled sliced well
- ☐ 3 Tbsp sugar
- ☐ 2 servings sprinkle of cinnamon
- ☐ 1 Tbsp maple syrup

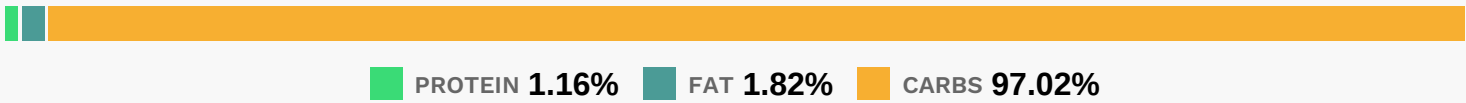
Equipment

- ☐ bowl
- ☐ oven
- ☐ microwave

Directions

- ☐ Sprinkle apples with cinnamon and sugar: Put apple slices in a glass bowl.
- ☐ Sprinkle on top the 3 Tbsp of sugar.
- ☐ Add a light sprinkle of cinnamon.
- ☐ Bake in microwave oven for 5 minutes on high heat. Adjust the time for your microwave and how many apples you are doing. Ours has a powerful high setting so 4 cups of apples only takes 5 minutes.
- ☐ If you use more apples, you will probably need to cook it a little longer. I suggest starting with 5 minutes and testing for doneness with a fork. If it needs more cooking time, give it more.
- ☐ Add maple syrup to taste: When done, remove and mix so the sugar coats well all the apple pieces.
- ☐ Add maple syrup to taste, about 1 Tbsp.
- ☐ Delicious with whipped cream on top, or with vanilla ice cream on the side.

Nutrition Facts



Properties

Glycemic Index:71.8, Glycemic Load:24.17, Inflammation Score:-3, Nutrition Score:6.1147826488899%

Flavonoids

Cyanidin: 3.92mg, Cyanidin: 3.92mg, Cyanidin: 3.92mg, Cyanidin: 3.92mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.25mg, Catechin: 3.25mg, Catechin: 3.25mg, Catechin: 3.25mg Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg Epicatechin: 18.83mg, Epicatechin: 18.83mg, Epicatechin: 18.83mg, Epicatechin: 18.83mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 10.02mg, Quercetin: 10.02mg, Quercetin: 10.02mg, Quercetin: 10.02mg

Nutrients (% of daily need)

Calories: 231.24kcal (11.56%), Fat: 0.51g (0.78%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 60.78g (20.26%), Net Carbohydrates: 53.72g (19.53%), Sugar: 50g (55.55%), Cholesterol: 0mg (0%), Sodium: 3.78mg (0.16%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.46%), Manganese: 0.67mg (33.38%), Fiber: 7.06g (28.25%), Vitamin C: 11.58mg (14.03%), Vitamin B2: 0.2mg (11.54%), Potassium: 298.98mg (8.54%), Vitamin K: 6.12µg (5.83%), Vitamin B6: 0.11mg (5.28%), Calcium: 46.12mg (4.61%), Magnesium: 15.8mg (3.95%), Copper: 0.08mg (3.78%), Vitamin E: 0.5mg (3.31%), Vitamin B1: 0.05mg (3.3%), Phosphorus: 28.78mg (2.88%), Vitamin A: 140.9IU (2.82%), Iron: 0.49mg (2.7%), Folate: 7.62µg (1.9%), Vitamin B5: 0.16mg (1.6%), Zinc: 0.21mg (1.39%), Vitamin B3: 0.26mg (1.31%)