

Easy Baked Apples

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



107 kcal

Ingredients

- 6 small apples cored halved
- 2 cups diet carbonated beverage orange-flavored sugar-free

Equipment

- oven
- baking pan

Directions

- Preheat an oven to 350 degrees F (175 degrees C).

- Arrange the apples into a baking dish with the cut sides facing down.
- Pour the orange beverage over the apples.
- Bake in the preheated oven until the apples are tender, about 1 hour.

Nutrition Facts

■ PROTEIN **1.52%**
■ FAT **2.08%**
■ CARBS **96.4%**

Properties

Glycemic Index:15.83, Glycemic Load:10.17, Inflammation Score:-2, Nutrition Score:2.4182608898567%

Flavonoids

Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 11.22mg, Epicatechin: 11.22mg, Epicatechin: 11.22mg, Epicatechin: 11.22mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg

Nutrients (% of daily need)

Calories: 106.59kcal (5.33%), Fat: 0.27g (0.41%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 28.08g (9.36%), Net Carbohydrates: 24.51g (8.91%), Sugar: 22.55g (25.06%), Cholesterol: 0mg (0%), Sodium: 4.64mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.29mg (2.1%), Protein: 0.44g (0.88%), Fiber: 3.58g (14.3%), Vitamin C: 6.85mg (8.31%), Potassium: 161mg (4.6%), Vitamin K: 3.28µg (3.12%), Vitamin B6: 0.06mg (3.05%), Manganese: 0.05mg (2.69%), Phosphorus: 24.26mg (2.43%), Vitamin B2: 0.04mg (2.28%), Copper: 0.04mg (2.05%), Magnesium: 7.45mg (1.86%), Vitamin E: 0.27mg (1.79%), Vitamin B1: 0.03mg (1.69%), Vitamin A: 80.46IU (1.61%), Iron: 0.27mg (1.47%), Folate: 4.47µg (1.12%), Calcium: 10.51mg (1.05%)