



Fall Harvest Baked Apples

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



184 kcal

DESSERT

Ingredients

- 0.3 cup butter
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground ginger
- 0.5 juice of lemon juiced
- 0.3 cup maple syrup
- 8 apples red cored
- 1 teaspoon vanilla extract

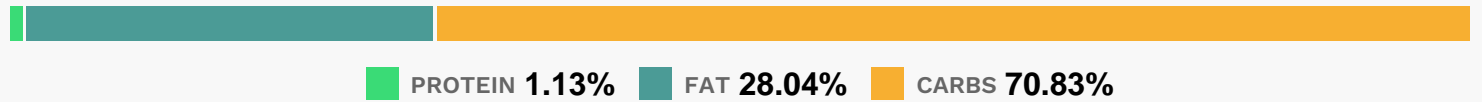
Equipment

- sauce pan
- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place apples in a 9x13 inch baking dish.
- In a small saucepan over medium heat, combine butter, maple syrup, cinnamon, ginger, lemon juice and vanilla. Bring to a boil, and drizzle equally over apples.
- Cover with foil, and bake in preheated oven for 20 minutes.
- Remove cover, and continue to bake for 10 minutes, or until apples are tender.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:15.44, Glycemic Load:9.94, Inflammation Score:-3, Nutrition Score:4.6426086561835%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg

Nutrients (% of daily need)

Calories: 184.17kcal (9.21%), Fat: 6.07g (9.34%), Saturated Fat: 3.7g (23.13%), Carbohydrates: 34.51g (11.5%), Net Carbohydrates: 30.06g (10.93%), Sugar: 27.09g (30.1%), Cholesterol: 15.25mg (5.08%), Sodium: 48.74mg (2.12%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 0.55g (1.11%), Manganese: 0.42mg (21.16%), Fiber: 4.45g (17.81%), Vitamin B2: 0.22mg (13%), Vitamin C: 9.1mg (11.03%), Potassium: 230.94mg (6.6%), Vitamin A: 276.06IU (5.52%), Vitamin K: 4.54µg (4.32%), Vitamin B6: 0.08mg (3.83%), Vitamin E: 0.5mg (3.32%), Magnesium: 12.49mg (3.12%), Calcium: 28.76mg (2.88%), Vitamin B1: 0.04mg (2.71%), Copper: 0.05mg (2.53%), Phosphorus: 22.12mg (2.21%), Folate: 6.07µg (1.52%), Iron: 0.26mg (1.46%), Vitamin B5: 0.12mg (1.22%), Zinc: 0.18mg (1.2%)