



Gingersnap Baked Apples

READY IN



45 min.

SERVINGS



4

CALORIES



308 kcal

DESSERT

Ingredients

- ☐ 4 apples sweet such as fuji (2 lb. total), rinsed
- ☐ 2 tablespoons brown sugar packed
- ☐ 0.1 lb butter
- ☐ 3 ounces gingersnaps (a dozen 2-in. cookies)

Equipment

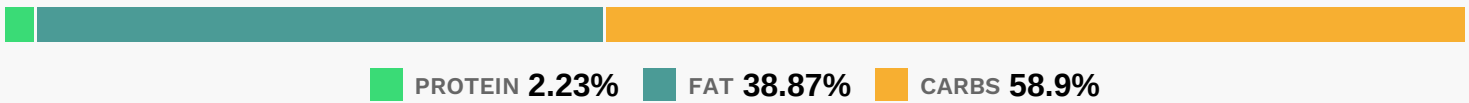
- ☐ food processor
- ☐ bowl
- ☐ oven

- ☐ knife
- ☐ blender
- ☐ baking pan

Directions

- ☐ In a blender or food processor, whirl gingersnaps and brown sugar to fine crumbs.
- ☐ With a small, sharp knife, starting from stem ends, cut around cores to about 3/4 of the way through apples; scoop out cores with a spoon, making a 1 1/2-inch-wide cavity and leaving bases intact. Set apples slightly apart in a shallow 2- to 3-quart baking dish.
- ☐ Spoon 1 tablespoon gingersnap mixture into each cavity and top with 1/2 tablespoon butter.
- ☐ Sprinkle apples evenly with remaining gingersnap mixture.
- ☐ Bake in a 375 regular or convection oven until apples are tender when pierced, about 45 minutes.
- ☐ Transfer to individual bowls and pour 2 tablespoons cream around each if desired.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:6.64, Inflammation Score:-5, Nutrition Score:5.9965217696584%

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 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: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 307.52kcal (15.38%), Fat: 13.89g (21.37%), Saturated Fat: 7.86g (49.11%), Carbohydrates: 47.36g (15.79%), Net Carbohydrates: 42.53g (15.46%), Sugar: 28.99g (32.21%), Cholesterol: 30.48mg (10.16%), Sodium: 212.65mg

(9.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.58%), Manganese: 0.4mg (19.91%), Fiber: 4.84g (19.34%), Vitamin C: 8.37mg (10.15%), Vitamin A: 452.93IU (9.06%), Iron: 1.62mg (9.03%), Potassium: 279.69mg (7.99%), Vitamin B2: 0.11mg (6.73%), Folate: 24.44µg (6.11%), Copper: 0.12mg (5.84%), Vitamin E: 0.86mg (5.75%), Vitamin K: 5.53µg (5.26%), Magnesium: 20.34mg (5.09%), Vitamin B1: 0.07mg (4.94%), Vitamin B6: 0.1mg (4.92%), Vitamin B3: 0.87mg (4.34%), Phosphorus: 41.31mg (4.13%), Calcium: 35.67mg (3.57%), Vitamin B5: 0.22mg (2.15%), Selenium: 1.3µg (1.85%), Zinc: 0.2mg (1.36%)