



Granola-Ginger Baked Apples

 Vegetarian  Gluten Free

READY IN



26 min.

SERVINGS



8

CALORIES



302 kcal

DESSERT

Ingredients

- ☐ 0.5 cup roasted almonds salted chopped
- ☐ 1.8 cups apple cider
- ☐ 4 large jonagold apples
- ☐ 0.3 cup butter softened
- ☐ 0.3 cup cherry preserves
- ☐ 0.3 cup crystallized ginger finely chopped
- ☐ 7 oz greek yogurt
- ☐ 0.8 teaspoon ground cinnamon

☐ 4.5 oz oat-and-honey granola bars crushed finely

Equipment

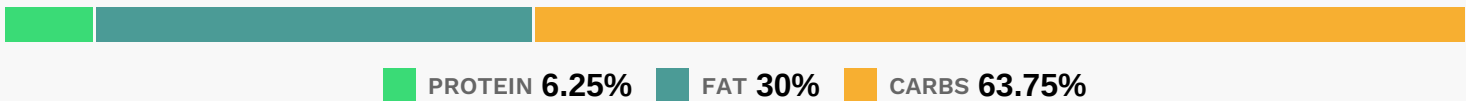
☐ frying pan

☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Cut apples in half, cutting through stem and bottom ends. Scoop out core and pulp, leaving a 3/4-inch shell.
- ☐ Cut about 1/4 inch from opposite side of apple, forming a flat base.
- ☐ Stir together crushed granola bars and next 4 ingredients. Spoon mixture into apple shells, pressing to gently pack. Arrange apples in a 13- x 9-inch pan.
- ☐ Pour cider around apples in pan.
- ☐ Bake at 375 for 25 to 45 minutes or until apples are tender, basting twice with pan juices.
- ☐ Place apples on a serving plate.
- ☐ Add preserves to pan juices, and cook, over medium-high heat, stirring constantly, 5 to 6 minutes or until thickened.
- ☐ Serve apples with warm sauce and Greek yogurt.
- ☐ Granola-Ginger
- ☐ Baked Pears: Substitute 4 Bosc pears for apples. Proceed with recipe as directed.
- ☐ Note: Baking times will vary greatly due to the ripeness of your fruit. Begin testing for doneness by inserting a wooden pick directly into the fruit (not granola mixture) after 25 minutes of baking. A wooden pick should be able to pierce the fruit easily with just a little resistance. Overcooking will lead to the fruit losing its natural shape and becoming mushy. For testing purposes only, we used Nature Valley Oats 'N Honey Crunchy Granola Bars.

Nutrition Facts



Properties

Glycemic Index:30.63, Glycemic Load:18.62, Inflammation Score:-4, Nutrition Score:6.6995651410974%

Flavonoids

Cyanidin: 1.98mg, Cyanidin: 1.98mg, Cyanidin: 1.98mg, Cyanidin: 1.98mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 10.88mg, Epicatechin: 10.88mg, Epicatechin: 10.88mg, Epicatechin: 10.88mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg

Nutrients (% of daily need)

Calories: 301.85kcal (15.09%), Fat: 10.57g (16.27%), Saturated Fat: 4.06g (25.36%), Carbohydrates: 50.56g (16.85%), Net Carbohydrates: 46.37g (16.86%), Sugar: 41.05g (45.61%), Cholesterol: 16.49mg (5.5%), Sodium: 63.67mg (2.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.92%), Vitamin E: 2.68mg (17.88%), Manganese: 0.33mg (16.74%), Fiber: 4.18g (16.73%), Vitamin B2: 0.23mg (13.45%), Phosphorus: 97.76mg (9.78%), Magnesium: 36.16mg (9.04%), Vitamin C: 6.93mg (8.4%), Potassium: 293.65mg (8.39%), Copper: 0.15mg (7.66%), Calcium: 69.77mg (6.98%), Selenium: 3.36µg (4.8%), Vitamin A: 239.63IU (4.79%), Vitamin B6: 0.09mg (4.51%), Iron: 0.7mg (3.88%), Vitamin B1: 0.06mg (3.75%), Zinc: 0.52mg (3.46%), Vitamin B12: 0.19µg (3.1%), Vitamin K: 3.01µg (2.86%), Folate: 11.12µg (2.78%), Vitamin B3: 0.54mg (2.72%), Vitamin B5: 0.24mg (2.39%)