



Harvest Baked Apples

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



38 kcal

DESSERT

Ingredients

- 1 cup apple juice
- 2.8 lb baking apples
- 0.3 cup brown sugar packed
- 0.5 tsp ground cinnamon
- 0.3 cup planters pecans toasted chopped
- 0.3 cup raisins
- 1 cup milk sharp cheddar cheese shredded 2% kraft

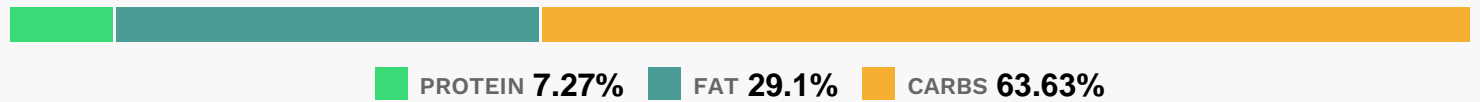
Equipment

- oven
- knife
- baking pan

Directions

- Heat oven to 350F.
- Remove cores from apples to within 1/2 inch of bottoms of apples; pierce peels with small sharp knife. Stand apples in shallow baking dish.
- Mix juice, sugar and cinnamon; pour over apples.
- Bake 30 to 35 min. or until apples are tender, basting occasionally with juice mixture.
- Combine remaining ingredients; spoon into centers of apples.
- Let stand 1 min.

Nutrition Facts



Properties

Glycemic Index:3.86, Glycemic Load:1.62, Inflammation Score:-1, Nutrition Score:1.0043478280954%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 38.1kcal (1.9%), Fat: 1.31g (2.01%), Saturated Fat: 0.53g (3.29%), Carbohydrates: 6.44g (2.15%), Net Carbohydrates: 5.64g (2.05%), Sugar: 4.63g (5.14%), Cholesterol: 2.51mg (0.84%), Sodium: 17.49mg (0.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.47%), Fiber: 0.8g (3.2%), Manganese: 0.05mg (2.34%), Calcium: 21.77mg (2.18%), Phosphorus: 17.13mg (1.71%), Vitamin C: 1.38mg (1.67%), Potassium: 47.81mg (1.37%), Vitamin B2: 0.02mg (1.26%), Selenium: 0.76µg (1.08%)