



Holiday Baked Apples

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



1

CALORIES



330 kcal

DESSERT

Ingredients

- 2 tablespoons brown sugar
- 1 tablespoon butter softened
- 1 tablespoon coconut or shredded finely
- 1 teaspoon ground cinnamon
- 1 large delicious apple red

Equipment

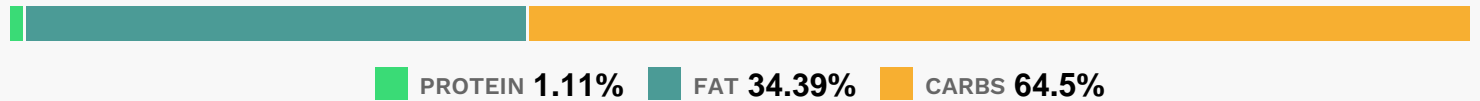
- bowl
- oven

baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Cut the core and seeds out of apple, leaving about a 1/2 in the bottom, creating a well-like hole.
- Mix 2 tablespoons brown sugar, butter, coconut, and 1 teaspoon cinnamon together in a bowl; fill well in the apple with brown sugar mixture.
- Place stuffed apple in a baking dish.
- Bake in the preheated oven until apple is tender, about 30 minutes.
- Transfer baked apple to a serving bowl and drizzle any remaining juices from baking dish over apple; sprinkle with 1 pinch brown sugar and cinnamon.

Nutrition Facts



Properties

Glycemic Index:97, Glycemic Load:8.2, Inflammation Score:-5, Nutrition Score:6.0404347090617%

Flavonoids

Cyanidin: 3.5mg, Cyanidin: 3.5mg, Cyanidin: 3.5mg, Cyanidin: 3.5mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.9mg, Catechin: 2.9mg, Catechin: 2.9mg, Catechin: 2.9mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 16.79mg, Epicatechin: 16.79mg, Epicatechin: 16.79mg, Epicatechin: 16.79mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg

Nutrients (% of daily need)

Calories: 330.18kcal (16.51%), Fat: 13.43g (20.67%), Saturated Fat: 8.75g (54.69%), Carbohydrates: 56.7g (18.9%), Net Carbohydrates: 49.83g (18.12%), Sugar: 46.84g (52.04%), Cholesterol: 30.1mg (10.03%), Sodium: 100.17mg (4.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.95%), Fiber: 6.86g (27.46%), Manganese: 0.52mg (25.89%), Vitamin C: 10.5mg (12.73%), Vitamin A: 476.18IU (9.52%), Potassium: 300.31mg (8.58%), Vitamin K: 6.52µg (6.21%), Calcium: 57.4mg (5.74%), Vitamin B6: 0.11mg (5.38%), Vitamin E: 0.78mg (5.23%), Copper: 0.1mg

(5%), Magnesium: 16.39mg (4.1%), Iron: 0.73mg (4.05%), Vitamin B2: 0.06mg (3.8%), Phosphorus: 35.78mg (3.58%),
Vitamin B1: 0.04mg (2.82%), Folate: 8.77µg (2.19%), Vitamin B5: 0.21mg (2.05%), Vitamin B3: 0.29mg (1.44%),
Selenium: 1µg (1.42%), Zinc: 0.2mg (1.34%)