



Inside-Out Apple Charlottes

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



437 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup day-old brioche diced ()
- ☐ 1 teaspoon calvados
- ☐ 1 pinch cinnamon
- ☐ 2 granny smith apples
- ☐ 1 teaspoon sugar
- ☐ 1.5 tablespoons butter unsalted melted

Equipment

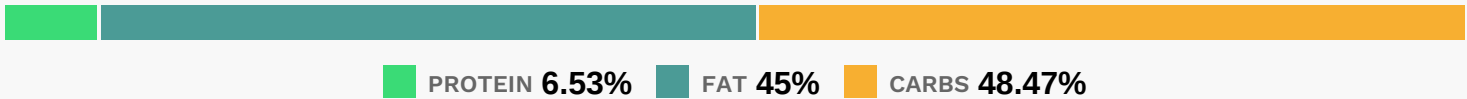
- ☐ bowl

- ☐ oven
- ☐ aluminum foil
- ☐ melon baller

Directions

- ☐ Preheat the oven to 35
- ☐ In a pie plate, toss the brioche with half the butter and bake for 5 minutes, or until golden.
- ☐ Transfer to a bowl, add the sugar and cinnamon and toss well.
- ☐ Cut 1/2 inch from the tops of the apples. Using a melon baller, scoop out the seeds and cores. Spoon the bread filling into the apples and drizzle with the remaining butter and the Calvados.
- ☐ Bake the apples for about 40 minutes, or until tender; cover them with foil if the brioche browns too quickly.

Nutrition Facts



Properties

Glycemic Index:61.05, Glycemic Load:8.04, Inflammation Score:-5, Nutrition Score:4.1052174224802%

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: 437.39kcal (21.87%), Fat: 22.38g (34.43%), Saturated Fat: 13.07g (81.72%), Carbohydrates: 54.23g (18.08%), Net Carbohydrates: 49.8g (18.11%), Sugar: 20.93g (23.26%), Cholesterol: 123.72mg (41.24%), Sodium: 273.33mg (11.88%), Alcohol: 0.83g (100%), Alcohol %: 0.41% (100%), Protein: 7.31g (14.62%), Fiber: 4.42g (17.68%), Vitamin A: 867.86IU (17.36%), Vitamin C: 8.38mg (10.15%), Potassium: 197.78mg (5.65%), Calcium: 48.23mg

(4.82%), Iron: 0.82mg (4.57%), Vitamin K: 4.77µg (4.54%), Manganese: 0.08mg (4.11%), Vitamin E: 0.57mg (3.82%), Vitamin B6: 0.08mg (3.76%), Vitamin B2: 0.05mg (3.02%), Copper: 0.05mg (2.59%), Magnesium: 9.37mg (2.34%), Phosphorus: 22.7mg (2.27%), Vitamin B1: 0.03mg (2.11%), Folate: 5.78µg (1.45%), Vitamin B5: 0.12mg (1.23%), Vitamin D: 0.16µg (1.05%)