



WHATSheATE



Maple Baked Apples



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



449 kcal

DESSERT

Ingredients

- ☐ 4 large apples
- ☐ 0.3 cup golden raisins
- ☐ 0.8 cup maple syrup
- ☐ 2 tablespoons butter unsalted cut into pieces
- ☐ 2 ounces walnut pieces

Equipment

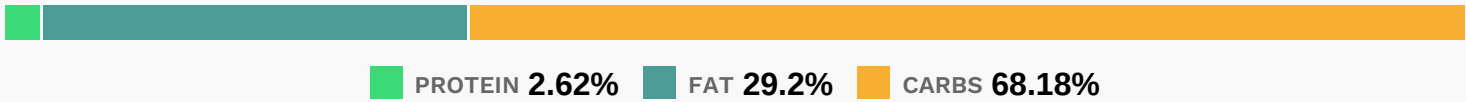
- ☐ oven
- ☐ knife

☐ baking pan

Directions

- ☐ Heat oven to 400 F. Using a paring knife, remove the cores and trim about a 1/2-inch slice from the bottom of each apple, so they sit flat.
- ☐ Place the apples in an ovenproof skillet or 8- to 9-inch baking dish.
- ☐ Drizzle with the syrup. Divide the walnuts and raisins among the apples, filling the cavities, and place any extra in the dish. Dot the apples with the butter.
- ☐ Bake until tender, 40 to 50 minutes. If using a baking dish, pour the liquid from the dish into a skillet. Bring to a boil over medium heat. Cook until it thickens slightly, 2 to 3 minutes. Spoon the sauce over the warm apples and serve with the ice cream, if desired. Tip: Gala and Rome Beauty apples are ideal for baking because they retain their shape.

Nutrition Facts



Properties

Glycemic Index:36.29, Glycemic Load:27.06, Inflammation Score:-5, Nutrition Score:13.4526086793%

Flavonoids

Cyanidin: 3.89mg, Cyanidin: 3.89mg, Cyanidin: 3.89mg, Cyanidin: 3.89mg 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: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Quercetin: 9.16mg, Quercetin: 9.16mg, Quercetin: 9.16mg, Quercetin: 9.16mg

Nutrients (% of daily need)

Calories: 449.23kcal (22.46%), Fat: 15.34g (23.6%), Saturated Fat: 4.54g (28.38%), Carbohydrates: 80.61g (26.87%), Net Carbohydrates: 73.94g (26.89%), Sugar: 65.11g (72.34%), Cholesterol: 15.05mg (5.02%), Sodium: 9.8mg (0.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.2%), Manganese: 1.98mg (98.94%), Vitamin B2: 0.87mg (50.92%), Fiber: 6.66g (26.66%), Copper: 0.32mg (15.98%), Potassium: 506.25mg (14.46%), Vitamin C: 10.73mg (13.01%), Magnesium: 49.54mg (12.38%), Calcium: 99.56mg (9.96%), Vitamin B6: 0.2mg (9.85%),

Phosphorus: 85.68mg (8.57%), Vitamin B1: 0.13mg (8.48%), Zinc: 0.99mg (6.57%), Vitamin A: 298.18IU (5.96%),
Vitamin K: 6.1µg (5.81%), Folate: 21.06µg (5.27%), Iron: 0.91mg (5.06%), Vitamin E: 0.67mg (4.49%), Vitamin B3:
0.52mg (2.59%), Vitamin B5: 0.24mg (2.37%), Selenium: 0.83µg (1.18%)