



Maple-Cranberry Baked Apples



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



302 kcal

DESSERT

Ingredients

- ☐ 8 medium rome apples cored
- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 1 teaspoon cornstarch
- ☐ 2.5 cups cranberry juice cocktail
- ☐ 0.8 cup cranberries dried
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 tablespoon juice of lemon

- ☐ 0.5 cup maple syrup
- ☐ 0.3 cup pecans chopped
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup chocolate white shaved

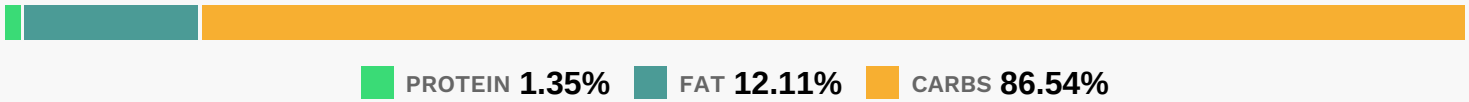
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 37
- ☐ Combine first 8 ingredients. Stir well; set aside.
- ☐ Peel top half of each apple; place in a shallow roasting pan. Fill centers of apples evenly with cranberries and pecans.
- ☐ Pour cranberry-maple mixture over apples.
- ☐ Bake at 350 for 1 hour or until tender, basting apples twice with syrup from pan. To serve, drizzle with remaining syrup.
- ☐ Sprinkle with white chocolate.

Nutrition Facts



Properties

Glycemic Index:28.56, Glycemic Load:19.73, Inflammation Score:-4, Nutrition Score:8.5904348699943%

Flavonoids

Cyanidin: 3.58mg, Cyanidin: 3.58mg, Cyanidin: 3.58mg, Cyanidin: 3.58mg Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg Catechin: 2.76mg, Catechin: 2.76mg, Catechin: 2.76mg Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg Epicatechin: 14.52mg, Epicatechin: 14.52mg, Epicatechin: 14.52mg

14.52mg, Epicatechin: 14.52mg 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 Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 9.56mg, Quercetin: 9.56mg, Quercetin: 9.56mg, Quercetin: 9.56mg

Nutrients (% of daily need)

Calories: 302.39kcal (15.12%), Fat: 4.3g (6.62%), Saturated Fat: 1.08g (6.76%), Carbohydrates: 69.13g (23.04%), Net Carbohydrates: 63.67g (23.15%), Sugar: 58.01g (64.45%), Cholesterol: 0.87mg (0.29%), Sodium: 11.59mg (0.5%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Protein: 1.08g (2.16%), Vitamin C: 42.66mg (51.7%), Manganese: 0.8mg (39.95%), Fiber: 5.46g (21.82%), Vitamin B2: 0.32mg (19.01%), Potassium: 297.4mg (8.5%), Vitamin K: 6.23µg (5.93%), Copper: 0.11mg (5.68%), Vitamin E: 0.84mg (5.58%), Calcium: 55.31mg (5.53%), Magnesium: 20.35mg (5.09%), Vitamin B1: 0.07mg (4.76%), Vitamin B6: 0.09mg (4.67%), Phosphorus: 39.23mg (3.92%), Iron: 0.54mg (2.98%), Zinc: 0.44mg (2.96%), Vitamin B5: 0.24mg (2.45%), Vitamin A: 108.6IU (2.17%), Vitamin B3: 0.37mg (1.83%), Folate: 7.01µg (1.75%)