



Microwave Baked Apples with Granola



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



163 kcal

DESSERT

Ingredients

- ☐ 2 large apples crisp (such as Braeburn, Gala or Fuji)
- ☐ 2 tablespoons cranberries dried sweetened
- ☐ 2 tablespoons brown sugar packed
- ☐ 4 teaspoons butter softened
- ☐ 4 crunchy peanut butter crushed (2 pouches from 8.9-oz box) (any flavor)
- ☐ 1 serving fruit

Equipment

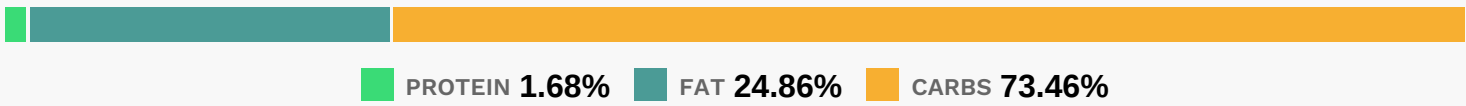
- ☐ plastic wrap

☐ microwave

Directions

- ☐ Cut apples in half lengthwise. Using spoon, remove and discard cores, making at least a 1-inch indentation in each apple half. In microwavable pie plate, arrange apple halves, cut sides up. If needed, cut thin slice off bottoms to keep halves from tipping.
- ☐ Fill each apple half evenly with raisins and brown sugar; dot with butter. Cover with microwavable plastic wrap, folding back one edge 1/4 inch to vent steam.
- ☐ Microwave on High 5 to 6 minutes or until apples are tender. Top each with granola.
- ☐ Serve with milk.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:4.07, Inflammation Score:-3, Nutrition Score:3.0056521834239%

Flavonoids

Cyanidin: 1.8mg, Cyanidin: 1.8mg, Cyanidin: 1.8mg, Cyanidin: 1.8mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg

Nutrients (% of daily need)

Calories: 162.61kcal (8.13%), Fat: 4.83g (7.42%), Saturated Fat: 0.95g (5.95%), Carbohydrates: 32.08g (10.69%), Net Carbohydrates: 28.46g (10.35%), Sugar: 26.28g (29.2%), Cholesterol: 0mg (0%), Sodium: 56.66mg (2.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.46%), Fiber: 3.63g (14.51%), Vitamin C: 5.81mg (7.04%), Vitamin A: 328.53IU (6.57%), Potassium: 166.88mg (4.77%), Manganese: 0.09mg (4.44%), Vitamin K: 4.39µg (4.18%), Vitamin E: 0.58mg (3.84%), Copper: 0.07mg (3.28%), Vitamin B6: 0.06mg (3.02%), Vitamin B2: 0.04mg (2.42%), Magnesium: 9.65mg (2.41%), Phosphorus: 21mg (2.1%), Vitamin B3: 0.4mg (2.02%), Iron: 0.32mg (1.76%), Vitamin B1: 0.03mg (1.67%), Calcium: 15.78mg (1.58%), Folate: 4.97µg (1.24%), Vitamin B5: 0.12mg (1.2%)