



Microwave Baked Apples with Granola for Two

 Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



282 kcal

DESSERT

Ingredients

- 1 large apples crisp (such as Braeburn, Gala or Fuji)
- 1 tablespoon cranberries dried sweetened
- 1 tablespoon brown sugar
- 2 teaspoons butter softened
- 0.5 cup cereal low fat

Equipment

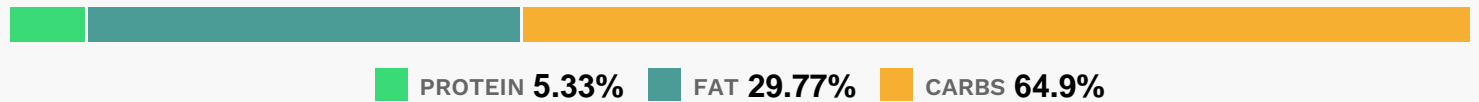
- bowl
- plastic wrap

microwave

Directions

- Cut apple in half lengthwise. With spoon, remove and discard core, making at least a 1-inch indentation in each apple half.
- Place each half in small microwave-safe bowl.
- Fill each apple half evenly with raisins and brown sugar; dot with margarine. Cover each with microwave-safe plastic wrap, venting one corner.
- Microwave each apple half on HIGH for 2 1/2 to 3 minutes or until apple is tender. Top each with granola. If desired, serve with a little milk, cream or fruit-flavored yogurt.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:4.07, Inflammation Score:-4, Nutrition Score:7.4904347269431%

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: 282.27kcal (14.11%), Fat: 9.79g (15.07%), Saturated Fat: 1.55g (9.69%), Carbohydrates: 48.02g (16.01%), Net Carbohydrates: 43.36g (15.77%), Sugar: 29.09g (32.32%), Cholesterol: 0mg (0%), Sodium: 60.38mg (2.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.89%), Manganese: 0.88mg (44.01%), Fiber: 4.66g (18.64%), Vitamin E: 1.69mg (11.25%), Phosphorus: 103.93mg (10.39%), Magnesium: 34.32mg (8.58%), Iron: 1.53mg (8.51%), Selenium: 5.39µg (7.71%), Vitamin B1: 0.12mg (7.67%), Potassium: 251.4mg (7.18%), Copper: 0.13mg (6.31%), Vitamin C: 5.18mg (6.28%), Vitamin B2: 0.09mg (5.17%), Vitamin A: 239.06IU (4.78%), Zinc: 0.66mg (4.43%), Vitamin B6: 0.09mg (4.4%), Vitamin K: 4.36µg (4.16%), Calcium: 40.08mg (4.01%), Folate: 13.82µg (3.46%), Vitamin

B5: 0.27mg (2.7%), Vitamin B3: 0.44mg (2.2%)