



## Microwave Baked Apples with Granola for Two

 **Gluten Free**  **Dairy Free**

READY IN



10 min.

SERVINGS



2

CALORIES



174 kcal

DESSERT

### Ingredients

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

### 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

  **PROTEIN 1.35%**  **FAT 21.01%**  **CARBS 77.64%**

## Properties

Glycemic Index:16, Glycemic Load:4.07, Inflammation Score:-4, Nutrition Score:3.2947825944942%

## 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: 173.6kcal (8.68%), Fat: 4.36g (6.7%), Saturated Fat: 0.88g (5.49%), Carbohydrates: 36.21g (12.07%), Net Carbohydrates: 32.19g (11.7%), Sugar: 29.53g (32.81%), Cholesterol: 0mg (0%), Sodium: 53.28mg (2.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.25%), Fiber: 4.02g (16.09%), Vitamin A: 417.99IU (8.36%), Vitamin C: 6.46mg (7.83%), Vitamin K: 5.75µg (5.47%), Potassium: 185.79mg (5.31%), Copper: 0.08mg (4.1%), Manganese: 0.08mg (3.94%), Vitamin E: 0.51mg (3.42%), Vitamin B6: 0.06mg (3.05%), Vitamin B2: 0.05mg (2.77%), Magnesium: 9.53mg (2.38%), Iron: 0.39mg (2.16%), Phosphorus: 21.36mg (2.14%), Vitamin B3: 0.38mg (1.91%), Vitamin B1: 0.03mg (1.84%), Calcium: 16.81mg (1.68%), Vitamin B5: 0.12mg (1.21%), Folate: 4.64µg (1.16%)