



WHATSheATE



Old-Fashioned Soda Baked Apples



Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



585 kcal

DESSERT

Ingredients

- ☐ 6 large apples cored crisp (honey or gala)
- ☐ 1 cup firmly brown sugar packed
- ☐ 1 stick butter softened
- ☐ 12 ounce cola-flavored carbonated beverage canned
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup raisins
- ☐ 6 servings whipped cream for serving, optional

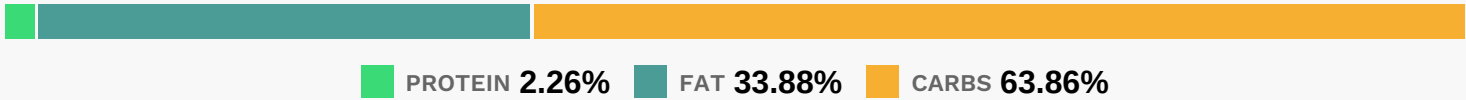
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F. Lightly spray a 13- by 9-inch baking dish with nonstick cooking spray.
- ☐ In a small bowl, combine the sugar, raisins, cinnamon and butter, and mix until combined. Spoon the sugar mixture into the center of each apple.
- ☐ Place the apples in the prepared baking dish.
- ☐ Pour the cola over the apples.
- ☐ Bake, uncovered, until the apples are tender, about 1 hour.
- ☐ Serve with vanilla ice cream if desired.

Nutrition Facts



Properties

Glycemic Index: 44.97, Glycemic Load: 25.87, Inflammation Score: -6, Nutrition Score: 8.3717390920805%

Flavonoids

Cyanidin: 3.5mg, Cyanidin: 3.5mg, Cyanidin: 3.5mg, Cyanidin: 3.5mg 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: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg

Nutrients (% of daily need)

Calories: 584.52kcal (29.23%), Fat: 22.99g (35.37%), Saturated Fat: 14.25g (89.04%), Carbohydrates: 97.5g (32.5%), Net Carbohydrates: 90.69g (32.98%), Sugar: 77.86g (86.51%), Cholesterol: 69.53mg (23.18%), Sodium: 192.08mg (8.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.54mg (1.51%), Protein: 3.45g (6.9%), Fiber:

6.81g (27.25%), Vitamin A: 869.91IU (17.4%), Potassium: 525.49mg (15.01%), Vitamin B2: 0.24mg (14.41%), Calcium: 140.67mg (14.07%), Vitamin C: 11.32mg (13.72%), Phosphorus: 114.76mg (11.48%), Manganese: 0.2mg (9.92%), Vitamin B6: 0.16mg (8.1%), Magnesium: 27.89mg (6.97%), Vitamin E: 1.04mg (6.96%), Copper: 0.13mg (6.54%), Vitamin K: 6.53µg (6.22%), Vitamin B5: 0.6mg (5.95%), Iron: 0.99mg (5.52%), Vitamin B1: 0.08mg (5.3%), Vitamin B12: 0.29µg (4.82%), Zinc: 0.61mg (4.08%), Folate: 11.3µg (2.83%), Selenium: 1.96µg (2.79%), Vitamin B3: 0.47mg (2.33%)