



Orange-Ginger Roasted Apples

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



233 kcal

SIDE DISH

Ingredients

- ☐ 4 medium braeburn apples
- ☐ 1 teaspoon ginger fresh grated
- ☐ 0.5 cup honey
- ☐ 1 tablespoon juice of lime
- ☐ 0.3 cup orange juice fresh
- ☐ 1 teaspoon orange rind grated
- ☐ 4 servings toppings: yogurt

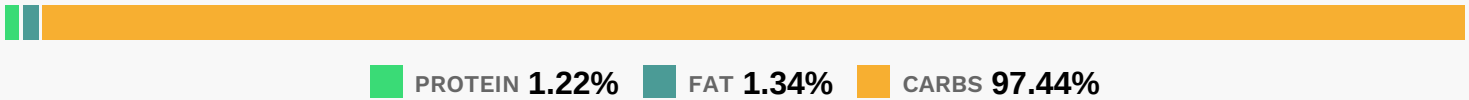
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Remove cores from apples, leaving a 1/2-inch core on bottom of each.
- ☐ Place apples in a lightly greased 8-inch square baking dish.
- ☐ Stir together honey and next 4 ingredients.
- ☐ Drizzle mixture over apples, filling apple centers.
- ☐ Bake, covered, at 400 for 15 minutes. Uncover and bake 30 to 45 minutes or until apples are tender, basting every 15 minutes with drippings.
- ☐ Serve with desired toppings.
- ☐ *McIntosh, Golden Delicious, or Fuji apples may be substituted.

Nutrition Facts



Properties

Glycemic Index:42.57, Glycemic Load:25.69, Inflammation Score:-3, Nutrition Score:4.1386956497217%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 2.19mg, Hesperetin: 2.19mg, Hesperetin: 2.19mg, Hesperetin: 2.19mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.36mg, Quercetin: 7.36mg, Quercetin: 7.36mg, Quercetin: 7.36mg

Nutrients (% of daily need)

Calories: 232.87kcal (11.64%), Fat: 0.38g (0.59%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 62.22g (20.74%), Net Carbohydrates: 57.66g (20.97%), Sugar: 55.14g (61.26%), Cholesterol: 0.13mg (0.04%), Sodium: 4.28mg

(0.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.55%), Vitamin C: 18.17mg (22.02%), Fiber: 4.56g (18.25%), Potassium: 256.85mg (7.34%), Manganese: 0.1mg (5.08%), Vitamin B6: 0.09mg (4.72%), Vitamin B2: 0.07mg (4.16%), Vitamin K: 4.04µg (3.85%), Copper: 0.07mg (3.7%), Vitamin B1: 0.05mg (3.12%), Magnesium: 12.4mg (3.1%), Folate: 11.61µg (2.9%), Vitamin A: 134.24IU (2.68%), Phosphorus: 26.1mg (2.61%), Iron: 0.44mg (2.43%), Vitamin E: 0.35mg (2.3%), Vitamin B5: 0.18mg (1.81%), Calcium: 17.79mg (1.78%), Vitamin B3: 0.29mg (1.47%), Zinc: 0.19mg (1.24%)