



Pecan-and-Dried Fruit Baked Apples

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



293 kcal

DESSERT

Ingredients

- ☐ 0.5 cup apple cider
- ☐ 6 large rome apples cored
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 2 tablespoons butter divided softened
- ☐ 0.3 cup cranberries dried
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 tablespoon juice of lemon

- ☐ 0.3 cup pecans chopped
- ☐ 0.5 cup raisins
- ☐ 0.3 teaspoon vanilla extract
- ☐ 6 servings garnishes: whipped cream toasted

Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ sieve

Directions

- ☐ Place pecans on a baking sheet, and bake at 350 for 12 to 15 minutes or until golden brown, stirring once. Set pecans aside.
- ☐ Make 4 evenly spaced vertical cuts through each apple, stopping halfway from bottom.
- ☐ Brush insides of apples with lemon juice.
- ☐ Place apples in a 9-inch pie plate.
- ☐ Combine 1 tablespoon butter, raisins, and next 4 ingredients. Stuff mixture evenly into apples, pressing into center of each apple. Top evenly with remaining 1 tablespoon butter.
- ☐ Pour cider, vanilla, and, if desired, rum around apples in pieplate.
- ☐ Bake at 350 for 1 hour and 20 minutes, basting twice every 30 minutes or until apples are tender.
- ☐ Transfer apples to a serving dish, reserving juices, and keep warm.
- ☐ Pour juices through a wire-mesh strainer into a small saucepan. Bring to a boil; reduce heat and simmer over medium heat 8 to 10 minutes or until mixture is thickened and is syrup consistency.
- ☐ Drizzle over warm apples; garnish, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:53.59, Glycemic Load:14.57, Inflammation Score:-4, Nutrition Score:6.384782700435%

Flavonoids

Cyanidin: 4.02mg, Cyanidin: 4.02mg, Cyanidin: 4.02mg, Cyanidin: 4.02mg Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 3.47mg, Catechin: 3.47mg, Catechin: 3.47mg, Catechin: 3.47mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 17.76mg, Epicatechin: 17.76mg, Epicatechin: 17.76mg, Epicatechin: 17.76mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg

Nutrients (% of daily need)

Calories: 293.3kcal (14.67%), Fat: 8.95g (13.77%), Saturated Fat: 3.63g (22.66%), Carbohydrates: 57.4g (19.13%), Net Carbohydrates: 50.37g (18.32%), Sugar: 38.42g (42.69%), Cholesterol: 14.59mg (4.86%), Sodium: 39.78mg (1.73%), Alcohol: 0.06g (100%), Alcohol %: 0.03% (100%), Protein: 1.59g (3.18%), Fiber: 7.03g (28.12%), Manganese: 0.38mg (19.04%), Vitamin C: 12.12mg (14.7%), Potassium: 405.22mg (11.58%), Copper: 0.16mg (8.18%), Vitamin B6: 0.14mg (6.85%), Vitamin B1: 0.09mg (5.97%), Magnesium: 23.46mg (5.86%), Vitamin B2: 0.1mg (5.69%), Vitamin K: 5.94µg (5.66%), Vitamin A: 281.61IU (5.63%), Phosphorus: 55.27mg (5.53%), Vitamin E: 0.73mg (4.85%), Iron: 0.83mg (4.59%), Calcium: 38.75mg (3.88%), Zinc: 0.36mg (2.41%), Vitamin B5: 0.24mg (2.41%), Vitamin B3: 0.46mg (2.28%), Folate: 9.04µg (2.26%)