



Pomegranate-Cider Baked Apples With Sugared Piecrust Strips

READY IN



35 min.

SERVINGS



8

CALORIES



390 kcal

DESSERT

Ingredients

- ☐ 0.8 cup apple cider
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.3 cup butter cut into pieces
- ☐ 8 small apples i use 2 granny smith apples cored
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.8 cup pecans chopped

- ☐ 8 servings pie crust dough
- ☐ 16 oz pomegranate juice

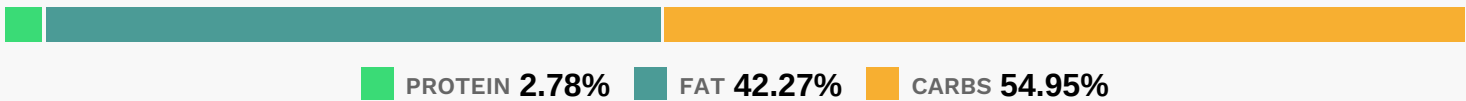
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Place pecans in a single layer on a baking sheet.
- ☐ Bake at 350 for 10 to 12 minutes or until nuts are toasted.
- ☐ Cook pomegranate juice in a large saucepan over medium-high heat, stirring often, 18 to 20 minutes or until reduced to 1/3 cup.
- ☐ Remove from heat, and carefully stir in apple cider.
- ☐ Pour cider mixture into a lightly greased 8-inch square baking dish.
- ☐ Stir together brown sugar, next 3 ingredients, and toasted pecans.
- ☐ Cut 1/2 inch from top of each apple.
- ☐ Place about 3 Tbsp. of pecan mixture into each apple cavity, pressing down and mounding on top. Arrange apples in baking dish with cider mixture. Top apples evenly with butter.
- ☐ Bake apples at 400 for 30 minutes or until apples are tender and sauce is slightly thickened.
- ☐ Let stand 10 minutes.
- ☐ Place apples in serving bowls; spoon sauce from baking dish over apples, and serve with Sugared Piecrust Strips.

Nutrition Facts



Properties

Glycemic Index:21.22, Glycemic Load:6.49, Inflammation Score:-4, Nutrition Score:8.0013043964687%

Flavonoids

Cyanidin: 4.8mg, Cyanidin: 4.8mg, Cyanidin: 4.8mg, Cyanidin: 4.8mg Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg Epicatechin: 12.35mg, Epicatechin: 12.35mg, Epicatechin: 12.35mg, Epicatechin: 12.35mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg

Nutrients (% of daily need)

Calories: 389.58kcal (19.48%), Fat: 19.1g (29.39%), Saturated Fat: 6.1g (38.14%), Carbohydrates: 55.88g (18.63%), Net Carbohydrates: 50.6g (18.4%), Sugar: 38.52g (42.8%), Cholesterol: 15.25mg (5.08%), Sodium: 216.55mg (9.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.66%), Manganese: 0.71mg (35.75%), Fiber: 5.27g (21.09%), Vitamin K: 11.72µg (11.16%), Potassium: 387mg (11.06%), Vitamin B1: 0.16mg (10.99%), Copper: 0.2mg (10.06%), Folate: 35.57µg (8.89%), Vitamin C: 7.23mg (8.76%), Magnesium: 29.64mg (7.41%), Phosphorus: 70.21mg (7.02%), Iron: 1.19mg (6.61%), Vitamin B6: 0.13mg (6.3%), Vitamin B2: 0.1mg (6.06%), Vitamin E: 0.89mg (5.97%), Vitamin A: 264.6IU (5.29%), Vitamin B3: 1mg (4.99%), Vitamin B5: 0.46mg (4.65%), Zinc: 0.69mg (4.58%), Calcium: 42.83mg (4.28%), Selenium: 2.03µg (2.91%)