



Raisin-Filled Baked Apple

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



1

CALORIES



256 kcal

DESSERT

Ingredients

- 2 teaspoons agave nectar (or other sweetener)
- 1 medium apples
- 2 tablespoons blueberries unsweetened frozen thawed (not)
- 0.1 teaspoon cinnamon
- 2 teaspoons maple syrup (or other sweetener)
- 1 tablespoon raisins

Equipment

- bowl

baking pan

microwave

Directions

- Place raisins in a heat-proof bowl and pour boiling water over them. Allow them to soak until plump (time will depend upon the age of your raisins) and remain in soaking liquid until you are ready to cook. Wash an apple and remove most of the core, leaving about 1/4-inch at the bottom.
- Remove a thin strip of peel from around the cavity.
- Place the apple into a deep microwave-safe baking dish or bowl.
- Sprinkle the inside with a little cinnamon and fill with drained raisins.
- Pour a teaspoon of the soaking water over the raisins and drizzle the syrup over the raisins and top of the apple. Microwave, uncovered, on high power until apple is tender, 3–5 minutes, testing with a fork after 3 minutes. Allow to cool for 5 minutes before serving. (Caution: Inside can be very hot, so do let them cool before eating.)

Nutrition Facts

 PROTEIN 1.6%  FAT 1.91%  CARBS 96.49%

Properties

Glycemic Index:187.3, Glycemic Load:20.12, Inflammation Score:-4, Nutrition Score:7.2030434012413%

Flavonoids

Cyanidin: 5.36mg, Cyanidin: 5.36mg, Cyanidin: 5.36mg, Cyanidin: 5.36mg Petunidin: 9.32mg, Petunidin: 9.32mg, Petunidin: 9.32mg, Petunidin: 9.32mg Delphinidin: 10.48mg, Delphinidin: 10.48mg, Delphinidin: 10.48mg, Delphinidin: 10.48mg Malvidin: 19.99mg, Malvidin: 19.99mg, Malvidin: 19.99mg, Malvidin: 19.99mg Peonidin: 6.04mg, Peonidin: 6.04mg, Peonidin: 6.04mg, Peonidin: 6.04mg Catechin: 3.93mg, Catechin: 3.93mg, Catechin: 3.93mg, Catechin: 3.93mg Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg Epicatechin: 13.89mg, Epicatechin: 13.89mg, Epicatechin: 13.89mg, Epicatechin: 13.89mg 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 Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 9.57mg, Quercetin: 9.57mg, Quercetin: 9.57mg, Quercetin: 9.57mg Galocatechin: 0.04mg, Galocatechin: 0.04mg, Galocatechin: 0.04mg, Galocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 256.01kcal (12.8%), Fat: 0.58g (0.89%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 65.99g (22%), Net Carbohydrates: 59.78g (21.74%), Sugar: 43.87g (48.74%), Cholesterol: 0mg (0%), Sodium: 8.39mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.19%), Manganese: 0.55mg (27.4%), Fiber: 6.2g (24.82%), Vitamin C: 15.46mg (18.73%), Vitamin B2: 0.3mg (17.51%), Vitamin K: 14.25µg (13.57%), Potassium: 374.1mg (10.69%), Vitamin B6: 0.17mg (8.26%), Vitamin B1: 0.09mg (6.16%), Copper: 0.11mg (5.68%), Magnesium: 18.59mg (4.65%), Vitamin E: 0.7mg (4.63%), Iron: 0.73mg (4.08%), Phosphorus: 35.1mg (3.51%), Folate: 13.69µg (3.42%), Calcium: 33.61mg (3.36%), Vitamin B3: 0.61mg (3.04%), Vitamin A: 114.62IU (2.29%), Zinc: 0.25mg (1.66%), Vitamin B5: 0.15mg (1.55%)