



Red Hot Baked Apples



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



200 kcal

DESSERT

Ingredients

- ☐ 6 apples
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup cinnamon candies red hot

Equipment

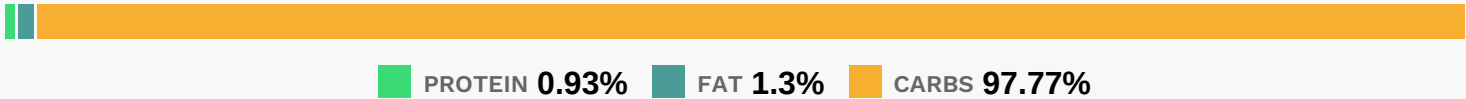
- ☐ bowl
- ☐ frying pan
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease an 8x8 inch square pan.
- ☐ Remove and reserve tops of apples. Core the apples, leaving approximately 1/2 inch at the bottom. Arrange in the baking dish.
- ☐ In a small bowl, mix together brown sugar, cinnamon red hot candies and cinnamon. Fill each apple with the mixture. Replace apple tops.
- ☐ Sprinkle remaining mixture over the apples.
- ☐ Bake uncovered in the preheated oven 30 to 35 minutes, or until apples are tender.

Nutrition Facts



Properties

Glycemic Index:6.17, Glycemic Load:6.64, Inflammation Score:-2, Nutrition Score:3.2004347702731%

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 Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 200.02kcal (10%), Fat: 0.31g (0.48%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 52.65g (17.55%), Net Carbohydrates: 48.19g (17.52%), Sugar: 44.95g (49.94%), Cholesterol: 0mg (0%), Sodium: 6.97mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (1%), Fiber: 4.46g (17.83%), Vitamin C: 8.38mg (10.16%), Potassium: 219.84mg (6.28%), Manganese: 0.1mg (5.23%), Vitamin B6: 0.08mg (4.12%), Vitamin K: 4.06µg (3.86%), Copper: 0.06mg (2.92%), Vitamin B2: 0.05mg (2.79%), Calcium: 27.81mg (2.78%), Magnesium: 10.85mg (2.71%), Vitamin E: 0.33mg (2.21%), Phosphorus: 20.86mg (2.09%), Vitamin B1: 0.03mg (2.07%), Iron: 0.36mg (2.01%), Vitamin A: 98.77IU (1.98%), Folate: 5.65µg (1.41%), Vitamin B5: 0.14mg (1.36%)