



Sausage and Pecan Baked Apples



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



509 kcal

Ingredients

- ☐ 8 braeburn apples
- ☐ 1 pound sausage meat
- ☐ 1 tablespoon juice of lemon
- ☐ 1 cup maple syrup divided
- ☐ 0.5 cup orange marmalade divided
- ☐ 0.8 cup pecans coarsely chopped
- ☐ 0.3 cup raisins
- ☐ 3 tablespoons water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Brown sausage in a large skillet, stirring until it crumbles and is no longer pink; drain well on paper towels.
- ☐ Combine sausage, 1/2 cup maple syrup, pecans, 1/4 cup orange marmalade, and raisins in a large bowl; toss well, and set aside.
- ☐ Stir together remaining 1/2 cup syrup, remaining 1/4 cup marmalade, and 3 tablespoons water in a small bowl.
- ☐ Core apples, starting at stem end, to, but not through, opposite end. Enlarge opening to 1". Peel 1" around tops of apples.
- ☐ Brush cut part of apples with lemon juice.
- ☐ Divide sausage mixture evenly between each apple, packing firmly and mounding lightly on top.
- ☐ Place filled apples in an ungreased 13" x 9" baking dish. Spoon about 1 tablespoon marmalade mixture over each apple. Cover and bake at 350 for 40 minutes; drizzle evenly with remaining marmalade mixture.
- ☐ Bake, covered, 20 to 25 more minutes or until apples are just tender. Uncover and bake 10 more minutes. Cool in dish on a wire rack 5 minutes.
- ☐ Serve warm, drizzling apples with remaining syrup in dish.
- ☐ Note: We found that Braeburn apples held their shape best during baking.

Nutrition Facts



 **PROTEIN 7.69%**  **FAT 38.78%**  **CARBS 53.53%**

Properties

Glycemic Index:20.66, Glycemic Load:18.49, Inflammation Score:-4, Nutrition Score:13.424782483474%

Flavonoids

Cyanidin: 3.95mg, Cyanidin: 3.95mg, Cyanidin: 3.95mg, Cyanidin: 3.95mg Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 3.11mg, Catechin: 3.11mg, Catechin: 3.11mg, Catechin: 3.11mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 13.79mg, Epicatechin: 13.79mg, Epicatechin: 13.79mg, Epicatechin: 13.79mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg

Nutrients (% of daily need)

Calories: 509.32kcal (25.47%), Fat: 22.74g (34.98%), Saturated Fat: 5.68g (35.49%), Carbohydrates: 70.6g (23.53%), Net Carbohydrates: 64.8g (23.56%), Sugar: 55.5g (61.67%), Cholesterol: 40.82mg (13.61%), Sodium: 378.82mg (16.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.15g (20.29%), Manganese: 1.47mg (73.42%), Vitamin B2: 0.65mg (38.5%), Fiber: 5.8g (23.21%), Vitamin B1: 0.29mg (19.16%), Vitamin B3: 3.05mg (15.23%), Potassium: 514.53mg (14.7%), Vitamin B6: 0.28mg (14.14%), Zinc: 2.07mg (13.77%), Vitamin C: 10.81mg (13.1%), Phosphorus: 129.22mg (12.92%), Copper: 0.24mg (12.1%), Magnesium: 39.78mg (9.95%), Vitamin B12: 0.48µg (8.03%), Calcium: 76.2mg (7.62%), Iron: 1.3mg (7.22%), Vitamin B5: 0.59mg (5.87%), Vitamin D: 0.74µg (4.91%), Vitamin K: 4.59µg (4.37%), Vitamin E: 0.59mg (3.95%), Vitamin A: 159.04IU (3.18%), Folate: 10.59µg (2.65%)