



Savory Baked Apples

 Gluten Free

READY IN



78 min.

SERVINGS



4

CALORIES



474 kcal

Ingredients

- ☐ 0.3 cup apple cider
- ☐ 4 large rome apples cored
- ☐ 0.3 cup brown rice uncooked
- ☐ 1.5 tablespoons butter divided melted
- ☐ 0.3 cup carrots finely chopped
- ☐ 0.3 cup cranberries dried
- ☐ 0.5 teaspoon rubbed sage dried
- ☐ 3 garlic cloves minced
- ☐ 3 tablespoons green onions minced

- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground pepper red
- ☐ 4 ounce sausage sweet italian
- ☐ 0.8 teaspoon kosher salt
- ☐ 0.7 cup lower-sodium chicken broth fat-free
- ☐ 0.5 cup swiss cheese shredded
- ☐ 0.3 cup walnuts toasted chopped
- ☐ 0.8 cup onion yellow finely chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ broiler
- ☐ microwave

Directions

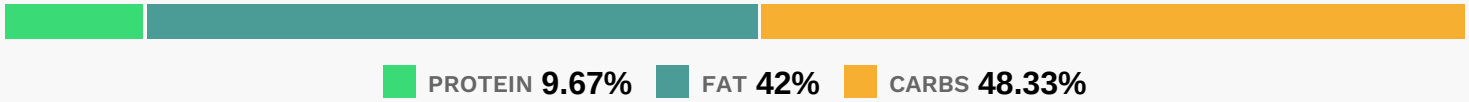
- ☐ Preheat oven to 35
- ☐ Bring broth to a boil in a saucepan. Stir in rice. Cover, reduce heat, and simmer 50 minutes.
- ☐ Remove from heat.
- ☐ Let stand 10 minutes.
- ☐ Combine cranberries and cider in a microwave-safe bowl; microwave at HIGH 1 minute.
- ☐ Let stand for 10 minutes.
- ☐ Add mixture to rice.
- ☐ Using a small spoon, carefully scoop out centers of apples, leaving a 1/2-inch-thick shell, and chop apple flesh.
- ☐ Brush the inside of apples with 1 tablespoon butter.

- ☐
- Place apples on a baking sheet, and bake at 350 for 25 minutes or until just tender.

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Divide rice mixture evenly among apples; top with cheese. Broil for 5 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:107.33, Glycemic Load:17.24, Inflammation Score:-9, Nutrition Score:16.906956734865%

Flavonoids

Cyanidin: 3.76mg, Cyanidin: 3.76mg, Cyanidin: 3.76mg, Cyanidin: 3.76mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 3.14mg, Catechin: 3.14mg, Catechin: 3.14mg, Catechin: 3.14mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 17.72mg, Epicatechin: 17.72mg, Epicatechin: 17.72mg, Epicatechin: 17.72mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 16.14mg, Quercetin: 16.14mg, Quercetin: 16.14mg, Quercetin: 16.14mg

Nutrients (% of daily need)

Calories: 474.26kcal (23.71%), Fat: 23.12g (35.57%), Saturated Fat: 8.98g (56.14%), Carbohydrates: 59.85g (19.95%), Net Carbohydrates: 51.83g (18.85%), Sugar: 34.53g (38.36%), Cholesterol: 45.39mg (15.13%), Sodium: 789.32mg (34.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.98g (23.96%), Manganese: 1.1mg (55.11%), Vitamin A: 2220.08IU (44.4%), Fiber: 8.02g (32.07%), Phosphorus: 230.64mg (23.06%), Vitamin B1: 0.32mg (21.64%), Vitamin B6: 0.4mg (19.84%), Vitamin C: 15.57mg (18.87%), Calcium: 174.32mg (17.43%), Selenium: 12.1µg (17.29%), Potassium: 602.07mg (17.2%), Vitamin K: 17.61µg (16.77%), Magnesium: 61.24mg (15.31%), Copper: 0.29mg (14.31%), Zinc: 1.88mg

(12.51%), Vitamin B2: 0.19mg (11.37%), Vitamin B12: 0.67µg (11.24%), Vitamin B3: 2.16mg (10.78%), Folate: 31.45µg (7.86%), Iron: 1.4mg (7.8%), Vitamin B5: 0.74mg (7.37%), Vitamin E: 0.99mg (6.63%)