



Scalloped Apple Bake

READY IN



65 min.

SERVINGS



6

CALORIES



556 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 large cooking apples peeled thinly sliced
- ☐ 4 tablespoons butter
- ☐ 1.5 cups corn bread stuffing pepperidge farm®
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup orange juice
- ☐ 2 teaspoons orange peel grated
- ☐ 0.5 cup pecan halves coarsely chopped
- ☐ 0.3 cup sugar
- ☐ 16 ounce berry cranberry sauce whole canned

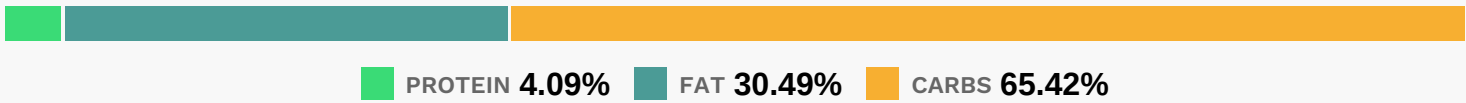
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Stir the butter, sugar, orange peel, cinnamon, stuffing and pecans in a medium bowl and set aside.
- ☐ Stir the cranberry sauce, orange juice and apples in a large bowl.
- ☐ Add half of the stuffing mixture and stir lightly to coat. Spoon the apple mixture into an 8-inch square baking dish.
- ☐ Sprinkle the remaining stuffing mixture evenly over the apple mixture.
- ☐ Bake at 375 degrees F. for 40 minutes or until the apples are tender.

Nutrition Facts



Properties

Glycemic Index:36.52, Glycemic Load:12.01, Inflammation Score:-5, Nutrition Score:11.152173944142%

Flavonoids

Cyanidin: 3.3mg, Cyanidin: 3.3mg, Cyanidin: 3.3mg, Cyanidin: 3.3mg Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg Epigallocatechin: 0.85mg, Epigallocatechin: 0.85mg, Epigallocatechin: 0.85mg, Epigallocatechin: 0.85mg Epicatechin: 11.26mg, Epicatechin: 11.26mg, Epicatechin: 11.26mg, Epicatechin: 11.26mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 2.05mg,

Myricetin: 2.05mg, Myricetin: 2.05mg, Myricetin: 2.05mg Quercetin: 7.81mg, Quercetin: 7.81mg, Quercetin: 7.81mg, Quercetin: 7.81mg

Nutrients (% of daily need)

Calories: 556.37kcal (27.82%), Fat: 19.6g (30.16%), Saturated Fat: 7.56g (47.28%), Carbohydrates: 94.61g (31.54%), Net Carbohydrates: 87.79g (31.92%), Sugar: 58.78g (65.31%), Cholesterol: 53.78mg (17.93%), Sodium: 419.84mg (18.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.92g (11.84%), Manganese: 0.66mg (33.02%), Phosphorus: 278.43mg (27.84%), Fiber: 6.83g (27.31%), Vitamin C: 15.55mg (18.85%), Vitamin B1: 0.22mg (14.48%), Folate: 44.2µg (11.05%), Vitamin E: 1.62mg (10.8%), Copper: 0.21mg (10.52%), Calcium: 105.06mg (10.51%), Vitamin B2: 0.18mg (10.49%), Iron: 1.86mg (10.32%), Vitamin A: 479.41IU (9.59%), Potassium: 325.54mg (9.3%), Selenium: 5.94µg (8.48%), Vitamin B3: 1.56mg (7.8%), Magnesium: 31.03mg (7.76%), Vitamin B6: 0.15mg (7.33%), Vitamin K: 7.58µg (7.22%), Zinc: 0.88mg (5.84%), Vitamin B5: 0.55mg (5.46%), Vitamin B12: 0.15µg (2.53%)