



Shrunken Heads

READY IN



130 min.

SERVINGS



6

CALORIES



263 kcal

SIDE DISH

Ingredients

- ☐ 3 slices bacon
- ☐ 3 tablespoons balsamic vinegar
- ☐ 1 cup bread crumbs fresh
- ☐ 1 clove garlic minced
- ☐ 6 medium granny smith apples
- ☐ 0.5 small onion fine
- ☐ 2 tablespoons parmesan freshly grated
- ☐ 2 tablespoons butter unsalted at room temperature
- ☐ 2 teaspoons whole-grain mustard

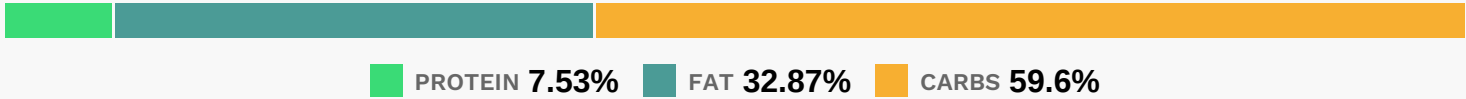
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ skewers

Directions

- ☐ Special equipment: Jack O'Lantern tools, melon baler, and bamboo skewers to create features of the face
- ☐ Preheat the oven to 350 degrees F.
- ☐ Slice bacon into small cubes.
- ☐ Saute over medium heat until brown and crispy.
- ☐ Remove bacon to a paper towel lined plate and discard all but 1 tablespoon of the drippings.
- ☐ Saute onion in drippings about 3 minutes and add garlic. Cook until onion is translucent and beginning to brown. Do not allow garlic to brown, reduce heat if necessary.
- ☐ Add bread crumbs and cooked bacon and toss.
- ☐ Remove from heat and allow to cool in pan.
- ☐ With melon baler, remove core from apple starting at the top (stem end). Only dig about halfway down into the apple to remove the core, do not go all the way through the apple and out the opposite end. You should now have a well in the apple about 1-inch wide and 2 inches deep (depending on the size of your apple). With a paring knife carefully carve eyes, nose and mouth in side of the apple creating a face.
- ☐ To the cooled filling add Parmesan, butter, mustard, and 1 tablespoon of balsamic vinegar. Stuff apples with filling and place in a baking dish so that they do not touch. For best results have carved faces toward the outside of the dish.
- ☐ Brush and drizzle the remaining 2 tablespoons of balsamic vinegar on the outside of the apples, especially any cut features of the face.
- ☐ Bake for 1 to 1 1/2 hours, until apple is soft.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:7.51, Inflammation Score:-4, Nutrition Score:7.3147826324338%

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 Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.49mg, Quercetin: 8.49mg, Quercetin: 8.49mg, Quercetin: 8.49mg

Nutrients (% of daily need)

Calories: 262.74kcal (13.14%), Fat: 9.91g (15.25%), Saturated Fat: 4.41g (27.55%), Carbohydrates: 40.43g (13.48%), Net Carbohydrates: 35.07g (12.75%), Sugar: 21.53g (23.92%), Cholesterol: 18.43mg (6.14%), Sodium: 254.1mg (11.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.11g (10.21%), Fiber: 5.36g (21.44%), Vitamin B1: 0.24mg (16.21%), Manganese: 0.26mg (13.21%), Selenium: 7.84µg (11.19%), Vitamin C: 8.97mg (10.87%), Vitamin B3: 1.83mg (9.14%), Phosphorus: 84.02mg (8.4%), Vitamin B2: 0.14mg (8.18%), Potassium: 276.43mg (7.9%), Vitamin B6: 0.14mg (7.08%), Calcium: 70.72mg (7.07%), Iron: 1.25mg (6.96%), Folate: 26.22µg (6.55%), Copper: 0.11mg (5.4%), Magnesium: 21.45mg (5.36%), Vitamin K: 5.6µg (5.34%), Vitamin A: 233.33IU (4.67%), Zinc: 0.55mg (3.64%), Vitamin E: 0.51mg (3.39%), Vitamin B5: 0.3mg (2.99%), Vitamin B12: 0.15µg (2.43%)