



Simple Baked Winter Fruit



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



169 kcal

SIDE DISH

Ingredients

- ☐ 12 oz apple juice concentrate thawed canned
- ☐ 1 stick cinnamon 3-inch
- ☐ 5 oz apples dried
- ☐ 7 oz apricots dried
- ☐ 0.5 cup golden raisins
- ☐ 2 navel oranges peeled
- ☐ 1 slices garnish: orange
- ☐ 1 cup water

- ☐ 10 oz mission figlets dried trimmed halved
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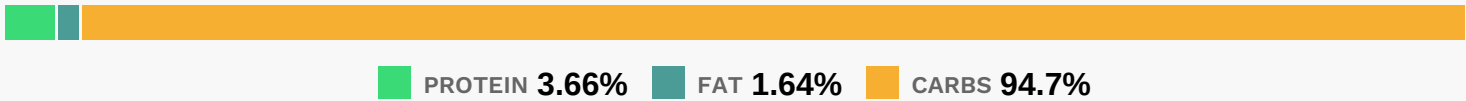
Equipment

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Place first 8 ingredients in an 11- x 7-inch baking dish; gently toss to combine. Cover with aluminum foil, and chill 12 to 24 hours.
- ☐ Preheat oven to 35
- ☐ Bake fruit, covered, 45 to 50 minutes or until thoroughly heated and fruit is soft.
- ☐ Let stand, covered, 15 minutes.
- ☐ Remove and discard cinnamon stick.
- ☐ Serve with a slotted spoon and, if desired, Brown Sugar-Lemon Sour Cream.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:25.91, Glycemic Load:13.4, Inflammation Score:-7, Nutrition Score:7.0756521121315%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg Hesperetin: 8.13mg, Hesperetin: 8.13mg, Hesperetin: 8.13mg, Hesperetin: 8.13mg Naringenin: 2.75mg, Naringenin: 2.75mg, Naringenin: 2.75mg, Naringenin: 2.75mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 168.82kcal (8.44%), Fat: 0.34g (0.52%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 44.16g (14.72%), Net Carbohydrates: 39.32g (14.3%), Sugar: 35.98g (39.98%), Cholesterol: 0mg (0%), Sodium: 22.56mg (0.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.42%), Vitamin C: 23.24mg (28.18%), Vitamin A: 986.11IU (19.72%), Fiber: 4.84g (19.38%), Potassium: 541.19mg (15.46%), Manganese: 0.22mg (11.03%), Copper: 0.18mg (8.88%), Vitamin E: 1.25mg (8.33%), Iron: 1.2mg (6.69%), Vitamin B6: 0.12mg (6.2%), Vitamin B3: 1.1mg (5.5%), Vitamin B2: 0.09mg (5.28%), Magnesium: 20.65mg (5.16%), Phosphorus: 46.32mg (4.63%), Calcium: 45.35mg (4.53%), Folate: 15.2µg (3.8%), Vitamin B5: 0.3mg (3.02%), Vitamin B1: 0.04mg (2.59%), Vitamin K: 1.75µg (1.67%), Zinc: 0.21mg (1.4%), Selenium: 0.9µg (1.29%)