



Slow-Cooker Cranberry Baked Apples



Gluten Free



Dairy Free

READY IN



255 min.

SERVINGS



4

CALORIES



307 kcal

DESSERT

Ingredients

- ☐ 4 large apples
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup cranberries dried sweetened
- ☐ 0.5 cup sports drink
- ☐ 2 tablespoons butter melted
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 serving nuts chopped

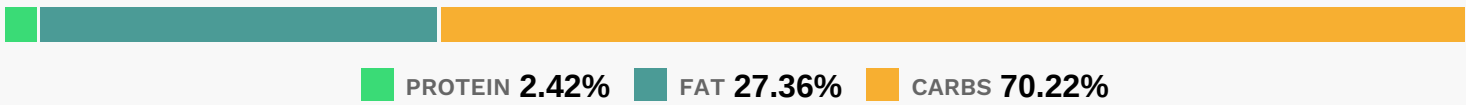
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Core apples. Fill centers of apples with brown sugar and cranberries.
- ☐ Place apples in 5- to 6-quart slow cooker.
- ☐ In small bowl, mix cranberry-apple drink and butter; pour over apples.
- ☐ Sprinkle with cinnamon and nutmeg.
- ☐ Cover; cook on Low heat setting 4 to 6 hours.
- ☐ To serve, spoon apples into dessert dishes. Spoon sauce over apples.
- ☐ Sprinkle with nuts.

Nutrition Facts



Properties

Glycemic Index:34.17, Glycemic Load:8.53, Inflammation Score:-5, Nutrition Score:6.0856522370292%

Flavonoids

Cyanidin: 3.55mg, Cyanidin: 3.55mg, Cyanidin: 3.55mg, Cyanidin: 3.55mg 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: 2.9mg, Catechin: 2.9mg, Catechin: 2.9mg, Catechin: 2.9mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 16.79mg, Epicatechin: 16.79mg, Epicatechin: 16.79mg 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 Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg

Nutrients (% of daily need)

Calories: 307.12kcal (15.36%), Fat: 10g (15.39%), Saturated Fat: 1.79g (11.18%), Carbohydrates: 57.76g (19.25%), Net Carbohydrates: 51.17g (18.61%), Sugar: 46.52g (51.68%), Cholesterol: 0mg (0%), Sodium: 82.21mg (3.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.98%), Fiber: 6.59g (26.35%), Manganese: 0.3mg (15.12%), Vitamin C: 10.33mg (12.52%), Potassium: 315.94mg (9.03%), Copper: 0.17mg (8.58%), Magnesium: 32.57mg (8.14%), Vitamin A: 372.8IU (7.46%), Vitamin B6: 0.13mg (6.26%), Phosphorus: 60.53mg (6.05%), Calcium: 59.38mg (5.94%), Vitamin K: 5.56µg (5.3%), Vitamin E: 0.78mg (5.22%), Vitamin B2: 0.08mg (4.58%), Iron: 0.73mg (4.05%), Vitamin B1: 0.06mg (3.67%), Vitamin B3: 0.62mg (3.12%), Vitamin B5: 0.27mg (2.74%), Folate: 10.8µg (2.7%), Zinc: 0.39mg (2.63%)