



Squash-Stuffed Baked Apples

 Vegetarian  Gluten Free

READY IN



115 min.

SERVINGS



8

CALORIES



252 kcal

DESSERT

Ingredients

- 0.5 cup brown sugar divided packed
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- 2 tablespoons butter
- 2.5 cups butternut squash cooked mashed
- 0.5 teaspoon nutmeg divided
- 0.5 cup orange juice
- 0.3 teaspoon salt
- 8 medium baking apples are apples that have a sweet-tart balance and hold their shape when

0.5 cup water

Equipment

- bowl
- frying pan
- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 325°. Core apples, leaving bottoms intact; peel top third of each.
- Remove centers of apples, leaving 1/2-in. shells; chop removed apple and set aside.
- Place cored apples in an ungreased 13x9-in. baking dish. In a small bowl, mix 1/2 cup brown sugar, orange juice and water; pour over apples.
- Bake, uncovered, 1 hour or until apples are tender, basting occasionally with juice mixture.
- In a large saucepan, heat butter over medium-high heat.
- Add chopped apple; cook and stir until tender. Stir in squash; bring to a boil. Reduce heat; simmer, covered, 5 minutes, stirring frequently. Stir in salt, 1/4 teaspoon nutmeg and remaining brown sugar. Spoon into baked apples; sprinkle with remaining nutmeg.
- Bake 30-35 minutes longer or until heated through, basting occasionally.
- Drizzle with pan juices before serving.

Nutrition Facts



PROTEIN 1.62% **FAT 10.92%** **CARBS 87.46%**

Properties

Glycemic Index:25.5, Glycemic Load:7.49, Inflammation Score:-10, Nutrition Score:10.453478216153%

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 Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin:
1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg,
Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg
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: 7.34mg, Quercetin: 7.34mg, Quercetin: 7.34mg, Quercetin:
7.34mg

Nutrients (% of daily need)

Calories: 251.55kcal (12.58%), Fat: 3.27g (5.03%), Saturated Fat: 1.9g (11.85%), Carbohydrates: 58.88g (19.63%), Net
Carbohydrates: 53.58g (19.48%), Sugar: 47.91g (53.23%), Cholesterol: 7.53mg (2.51%), Sodium: 107.36mg (4.67%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.18%), Vitamin A: 4867.5IU (97.35%), Vitamin C: 25.31mg
(30.68%), Fiber: 5.3g (21.2%), Potassium: 417.61mg (11.93%), Manganese: 0.18mg (8.78%), Vitamin B6: 0.16mg
(7.99%), Magnesium: 28.6mg (7.15%), Vitamin E: 1.04mg (6.97%), Vitamin B1: 0.09mg (5.95%), Calcium: 58.01mg
(5.8%), Folate: 22.4µg (5.6%), Copper: 0.1mg (5.2%), Vitamin K: 4.75µg (4.52%), Iron: 0.76mg (4.2%), Vitamin B3:
0.79mg (3.93%), Phosphorus: 39.3mg (3.93%), Vitamin B2: 0.06mg (3.65%), Vitamin B5: 0.36mg (3.56%), Zinc:
0.16mg (1.08%)