



Stuffed Granny Smiths With Maple Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



311 kcal

SIDE DISH

Ingredients

- ☐ 1 cup apple juice
- ☐ 0.8 cup brown sugar packed
- ☐ 3 pounds granny smith apples
- ☐ 0.5 cup maple syrup
- ☐ 2.5 teaspoons pumpkin-pie spice
- ☐ 1 tablespoon stick margarine melted
- ☐ 0.8 cup cherries dried sweet
- ☐ 0.3 cup walnuts coarsely chopped

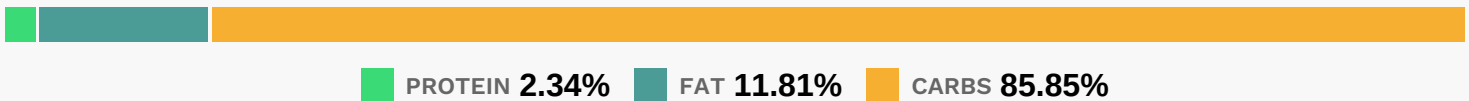
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 4 ingredients in a small bowl.
- ☐ Core apples three-fourths of the way through. (Do not cut through bottom.) Peel top half of each apple. Fill apples with cherry mixture.
- ☐ Place apples in a 12-inch cast-iron or heavy ovenproof skillet.
- ☐ Add the juice to skillet.
- ☐ Combine maple syrup and butter; pour over apples. Cover; bake at 350 for 40 minutes. Uncover; baste apples with juices from pan.
- ☐ Bake, uncovered, an additional 25 minutes or until tender.
- ☐ Serve with sauce.
- ☐ Note: Apples can also be baked in a 13 x 9-inch baking dish.

Nutrition Facts



Properties

Glycemic Index:16.16, Glycemic Load:12.61, Inflammation Score:-5, Nutrition Score:7.0030435128542%

Flavonoids

Cyanidin: 2.78mg, Cyanidin: 2.78mg, Cyanidin: 2.78mg, Cyanidin: 2.78mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.6mg, Catechin: 2.6mg, Catechin: 2.6mg, Catechin: 2.6mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 14.27mg, Epicatechin: 14.27mg, Epicatechin: 14.27mg, Epicatechin: 14.27mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg

Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg

Nutrients (% of daily need)

Calories: 310.9kcal (15.54%), Fat: 4.28g (6.58%), Saturated Fat: 0.63g (3.93%), Carbohydrates: 70.01g (23.34%), Net Carbohydrates: 64.46g (23.44%), Sugar: 58.76g (65.29%), Cholesterol: 0mg (0%), Sodium: 30.17mg (1.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.82%), Manganese: 0.78mg (39.12%), Fiber: 5.55g (22.2%), Vitamin B2: 0.31mg (18.36%), Vitamin A: 564.05IU (11.28%), Vitamin C: 8.3mg (10.06%), Potassium: 307.07mg (8.77%), Calcium: 70.37mg (7.04%), Copper: 0.12mg (6.02%), Magnesium: 22.82mg (5.7%), Vitamin B6: 0.11mg (5.3%), Iron: 0.82mg (4.58%), Vitamin B1: 0.06mg (4.15%), Vitamin K: 4.02µg (3.83%), Phosphorus: 35.52mg (3.55%), Vitamin E: 0.4mg (2.69%), Zinc: 0.35mg (2.33%), Folate: 9.06µg (2.27%), Vitamin B5: 0.17mg (1.69%), Vitamin B3: 0.27mg (1.36%)