



Sweet Baked Apples

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



217 kcal

DESSERT

Ingredients

- ☐ 8 apples (such as Cortland, Empire, Gala, Braeburn, or Pippin)
- ☐ 0.5 cup candied pineapple plain chopped
- ☐ 0.3 cup t brown sugar dark light
- ☐ 4 tablespoons butter unsalted cut into small pieces

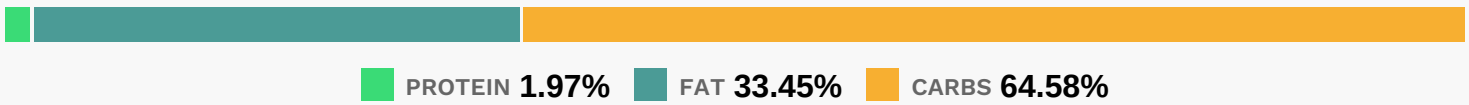
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Remove and discard the cores from the apples.
- ☐ Place the apples in a 9-by-13-inch baking dish. In a small bowl, combine the nuts, sugar, and butter. Divide the mixture among the apples. (You can cover and refrigerate for up to 24 hours.)
- ☐ Bake until tender, about 25 minutes.
- ☐ Serve warm with a scoop of vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:6.64, Inflammation Score:-3, Nutrition Score:3.3995652542166%

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 Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 216.83kcal (10.84%), Fat: 8.53g (13.12%), Saturated Fat: 3.65g (22.79%), Carbohydrates: 37.05g (12.35%), Net Carbohydrates: 32.29g (11.74%), Sugar: 29.98g (33.31%), Cholesterol: 15.05mg (5.02%), Sodium: 36.45mg (1.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.26%), Fiber: 4.76g (19.04%), Vitamin C: 8.37mg (10.15%), Potassium: 208.61mg (5.96%), Vitamin A: 273.21IU (5.46%), Vitamin K: 4.49µg (4.28%), Vitamin B6: 0.08mg (3.93%), Manganese: 0.07mg (3.49%), Vitamin E: 0.49mg (3.27%), Vitamin B2: 0.05mg (2.92%), Copper: 0.05mg (2.73%), Magnesium: 10.06mg (2.52%), Calcium: 24.41mg (2.44%), Iron: 0.42mg (2.35%), Phosphorus: 22.07mg (2.21%), Vitamin B1: 0.03mg (2.09%), Folate: 5.76µg (1.44%), Vitamin B5: 0.13mg (1.31%)