

Tangy Baked Apples

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



143 kcal

DESSERT

Ingredients

- 0.3 cup brown sugar packed
- 2 tablespoons butter softened
- 2 tablespoons horseradish prepared
- 0.3 cup catsup
- 2 teaspoons juice of lemon divided
- 3 medium baking apples are apples that have a sweet-tart balance and hold their shape when
- 0.3 cup water

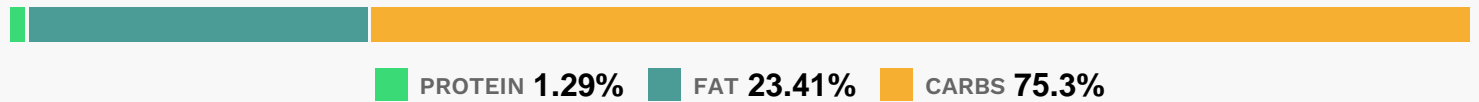
Equipment

- oven
- baking pan

Directions

- Cut apples in half lengthwise; remove cores.
- Brush with 1 teaspoon lemon juice.
- Place in an ungreased 11-in. x 7-in. baking dish.
- Combine the brown sugar, ketchup, butter, horseradish and remaining lemon juice. Top each apple half with 2 tablespoons ketchup mixture.
- Pour water around apples.
- Bake, uncovered, at 325° for 30 minutes or until apples are tender.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:3.46, Inflammation Score:-3, Nutrition Score:2.5643478217332%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 143.46kcal (7.17%), Fat: 3.99g (6.14%), Saturated Fat: 2.43g (15.19%), Carbohydrates: 28.88g (9.63%), Net Carbohydrates: 26.49g (9.63%), Sugar: 24.6g (27.34%), Cholesterol: 10.03mg (3.34%), Sodium: 176.78mg (7.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.99%), Fiber: 2.39g (9.58%), Vitamin C: 6.62mg (8.03%), Potassium: 166.23mg (4.75%), Vitamin A: 234.36IU (4.69%), Vitamin B6: 0.07mg (3.4%), Vitamin E: 0.47mg (3.13%), Manganese: 0.06mg (2.97%), Vitamin B2: 0.05mg (2.87%), Vitamin K: 2.79µg (2.66%), Copper: 0.05mg (2.32%), Magnesium: 9.03mg (2.26%), Calcium: 21.92mg (2.19%), Folate: 7.38µg (1.84%), Phosphorus: 16.77mg (1.68%), Vitamin B3: 0.31mg (1.55%), Iron: 0.27mg (1.48%), Vitamin B1: 0.02mg (1.2%)