



Walnut-Stuffed Apples



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



434 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup apple cider
- ☐ 1 cup brown sugar packed
- ☐ 2.5 tablespoons brown sugar
- ☐ 3 tablespoons currants dried
- ☐ 4 medium granny smith apples cored
- ☐ 0.8 teaspoon ground cinnamon divided
- ☐ 0.3 cup walnuts coarsely chopped

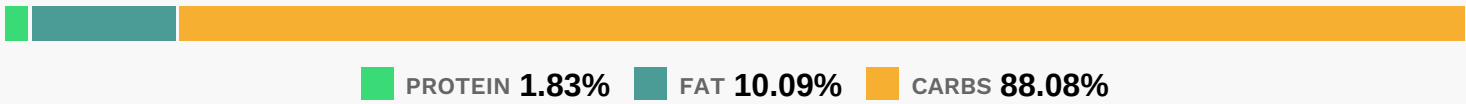
Equipment

- ☐ bowl
- ☐ slotted spoon
- ☐ slow cooker

Directions

- ☐ Combine first 3 ingredients in a small bowl; add 1/4 teaspoon cinnamon, stirring to combine. Peel top third of each apple; place apples in an electric slow cooker. Spoon walnut mixture into cavity of each apple.
- ☐ Combine the remaining 1/2 teaspoon cinnamon, 1 cup brown sugar, and apple cider in a small bowl, stirring to combine.
- ☐ Pour over apples. Cover with lid; cook on LOW 2 3/4 hours.
- ☐ Remove the apples with a slotted spoon. Spoon 1/4 cup cooking liquid over each serving.

Nutrition Facts



Properties

Glycemic Index:30.69, Glycemic Load:10.79, Inflammation Score:-3, Nutrition Score:6.7491303630497%

Flavonoids

Cyanidin: 3.06mg, Cyanidin: 3.06mg, Cyanidin: 3.06mg, Cyanidin: 3.06mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.92mg, Catechin: 2.92mg, Catechin: 2.92mg, Catechin: 2.92mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 15.79mg, Epicatechin: 15.79mg, Epicatechin: 15.79mg, Epicatechin: 15.79mg 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: 7.55mg, Quercetin: 7.55mg, Quercetin: 7.55mg, Quercetin: 7.55mg

Nutrients (% of daily need)

Calories: 433.87kcal (21.69%), Fat: 5.16g (7.94%), Saturated Fat: 0.52g (3.25%), Carbohydrates: 101.4g (33.8%), Net Carbohydrates: 95.75g (34.82%), Sugar: 91.02g (101.13%), Cholesterol: 0mg (0%), Sodium: 26.11mg (1.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.21%), Manganese: 0.5mg (25.22%), Fiber: 5.64g (22.56%), Potassium: 443.83mg (12.68%), Copper: 0.23mg (11.74%), Vitamin C: 9.41mg (11.4%), Vitamin B6: 0.18mg (9.07%), Calcium: 87.16mg (8.72%), Magnesium: 32.77mg (8.19%), Iron: 1.17mg (6.5%), Phosphorus: 62.3mg (6.23%), Vitamin

B1: 0.08mg (5.55%), Vitamin B2: 0.08mg (4.82%), Vitamin K: 4.69µg (4.47%), Folate: 14.4µg (3.6%), Vitamin E: 0.4mg (2.7%), Vitamin B3: 0.54mg (2.68%), Vitamin B5: 0.26mg (2.63%), Zinc: 0.37mg (2.5%), Vitamin A: 109.5IU (2.19%), Selenium: 1.24µg (1.78%)