

Baked apples



Recipe credit

Adapted from the United States Department of Agriculture's [Festive Microwave Baked Apples](#) (no date; What's Cooking? USDA Mixing Bowl)

About this recipe

Serves

1

Serving size

1 apple

Time to make

5-10 minutes preparation; 3-4 minutes cook time

Special criteria

[Vegetarian recipes](#)

Ingredients

- 1 medium apple
- 1 tablespoon brown sugar
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 1 teaspoon butter or margarine

Directions

1. Skin and core the apple, leaving the bottom intact.
2. In a bowl, mix sugar, nutmeg, and cinnamon.
3. Spoon the mixture into the apple and set butter on top.
4. Place in a microwavable dish and cover. Microwave on high for 3-4 minutes or until tender.
5. Let the apple sit for 2 minutes before serving.

Tips and variations

To bake the apples in the oven:

- Preheat oven to 350 degrees F.
- Follow steps 1 and 2 of the original recipe.
- Place apples in baking pan.
- Pour water into the pan until it reaches about 1/2 inch up the sides of the apples.
- Cover the pan with foil.
- Bake for 45 minutes.

Nutritional info

Calories

171

Total fat
5 g
Saturated fat
3 g
Cholesterol
10 mg
Sodium
38 mg
Total carbohydrates
35 g
Dietary fiber
5 g
Protein
1 g
Total sugar
28 g
Allergens
Dairy

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