



WHATSheATE



Apple and Quince Crisp with Rum Raisins

READY IN



45 min.

SERVINGS



12

CALORIES



648 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon flour
- ☐ 1 cup rum dark
- ☐ 4 large gala apple peeled cut into 1-inch pieces
- ☐ 1 teaspoon nutmeg
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 pounds quinces cored peeled quartered (5 medium)
- ☐ 1.5 cups raisins
- ☐ 0.3 teaspoon salt
- ☐ 3.5 cups sugar divided

- ☐ 0.8 cup butter unsalted ()
- ☐ 12 servings whipped cream
- ☐ 4 cups water

Equipment

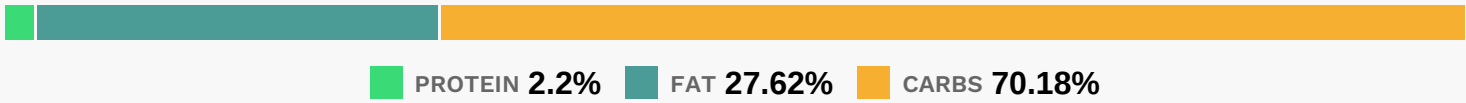
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Simmer raisins and rum in small saucepan 3 minutes.
- ☐ Remove from heat. Ignite with match; let flames burn out, about 4 to 5 minutes.
- ☐ Transfer 2 tablespoons liquid to small bowl for crisp topping.
- ☐ Melt butter in small saucepan over medium-low heat. Simmer until butter is golden brown, about 6 minutes. Cool.
- ☐ Mix flour, sugar, nutmeg, and salt in medium bowl.
- ☐ Add browned butter and 2 tablespoons reserved liquid from rum raisins; stir until moist clumps form. DO AHEAD: Raisins and topping can be made 1 day ahead. Cover each; chill.
- ☐ Combine 4 cups water and 3 cups sugar in large saucepan. Stir over medium heat until sugar dissolves.
- ☐ Add quinces; simmer until tender, 15 minutes.
- ☐ Remove from syrup; cool. Reserve syrup for another use.
- ☐ Cut quinces into 1-inch cubes.
- ☐ Transfer to large bowl. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- ☐ Position rack in center of oven and preheat to 350°F. Butter 13x9x2-inch glass baking dish.
- ☐ Add apples, lemon juice, flour, salt, remaining 1/2 cup sugar, and rum raisin mixture to bowl with quinces; toss to blend.
- ☐ Transfer to baking dish. Crumble topping over.

- ☐
- Bake apple and quince crisp until golden and bubbling, about 55 minutes. Cool at least 30 minutes.
- ☐
- Serve warm or at room temperature with softly whipped cream or ice cream.

Nutrition Facts



Properties

Glycemic Index:34.74, Glycemic Load:64.22, Inflammation Score:-5, Nutrition Score:7.7934782816016%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.53mg, Catechin: 1.53mg, Catechin: 1.53mg, Catechin: 1.53mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 6.1mg, Epicatechin: 6.1mg, Epicatechin: 6.1mg, Epicatechin: 6.1mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 648.22kcal (32.41%), Fat: 19.33g (29.73%), Saturated Fat: 11.88g (74.22%), Carbohydrates: 110.46g (36.82%), Net Carbohydrates: 105.49g (38.36%), Sugar: 80.06g (88.96%), Cholesterol: 59.54mg (19.85%), Sodium: 116.44mg (5.06%), Alcohol: 6.68g (100%), Alcohol %: 2.07% (100%), Protein: 3.47g (6.93%), Vitamin C: 17.11mg (20.74%), Fiber: 4.97g (19.9%), Vitamin B2: 0.25mg (14.92%), Potassium: 518.15mg (14.8%), Vitamin A: 703.11IU (14.06%), Phosphorus: 109.36mg (10.94%), Calcium: 109.27mg (10.93%), Copper: 0.21mg (10.72%), Iron: 1.22mg (6.8%), Magnesium: 26.11mg (6.53%), Vitamin B6: 0.13mg (6.44%), Vitamin B1: 0.08mg (5.54%), Vitamin B5: 0.52mg (5.2%), Manganese: 0.1mg (4.79%), Vitamin B12: 0.28µg (4.69%), Vitamin E: 0.67mg (4.43%), Zinc: 0.59mg (3.95%), Selenium: 2.46µg (3.51%), Vitamin B3: 0.55mg (2.74%), Vitamin K: 2.83µg (2.69%), Folate: 10.54µg (2.63%), Vitamin D: 0.34µg (2.3%)