



Apple-Berry Brown Betty

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



405 kcal

SIDE DISH

Ingredients

- 0.5 cup almonds chopped
- 2 cups blackberries
- 2 tablespoons flour all-purpose
- 0.3 cup granulated sugar
- 1 teaspoon ground cinnamon
- 0.5 juice of lemon finely grated
- 0.5 teaspoon kosher salt
- 0.5 cup brown sugar light packed

- 0.5 teaspoon nutmeg freshly grated
- 4 golden delicious apples cored peeled cut into 3/4-inch pieces
- 1 cup sugar cones crushed (6 cones)
- 1 stick butter unsalted melted plus more for the dish

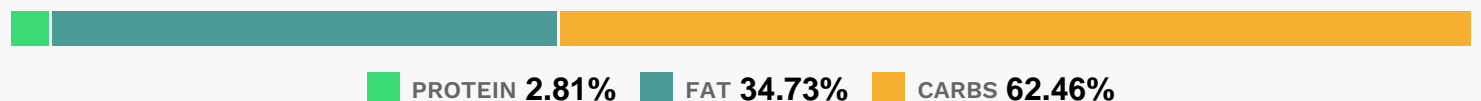
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat the oven to 350 degrees F. Butter a 1 1/2-quart baking dish. Toss the apples, blackberries, granulated sugar, 1/2 teaspoon cinnamon, 1/4 teaspoon nutmeg, the lemon zest and juice, flour and 4 tablespoons melted butter in a large bowl.
- In another bowl, combine the cones, brown sugar, the remaining 1/2 teaspoon cinnamon and 1/4 teaspoon nutmeg, the almonds, salt and the remaining 4 tablespoons melted butter.
- Pour half of the apple-berry mixture into the prepared baking dish. Scatter half of the cone mixture on top.
- Spread the remaining apple-berry mixture on top, then sprinkle with the remaining cone mixture.
- Bake until the apples are soft and the topping is golden brown, 40 to 45 minutes.
- Transfer the dish to a rack and let sit 10 minutes before serving. Top with ice cream or whipped cream, if desired.
- Photograph by Lisa Shin

Nutrition Facts



Properties

Glycemic Index:44.65, Glycemic Load:28.12, Inflammation Score:-6, Nutrition Score:8.0004348249539%

Flavonoids

Cyanidin: 37.63mg, Cyanidin: 37.63mg, Cyanidin: 37.63mg, Cyanidin: 37.63mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 14.64mg, Catechin: 14.64mg, Catechin: 14.64mg, Catechin: 14.64mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 8.58mg, Epicatechin: 8.58mg, Epicatechin: 8.58mg, Epicatechin: 8.58mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg

Nutrients (% of daily need)

Calories: 404.92kcal (20.25%), Fat: 16.43g (25.27%), Saturated Fat: 7.66g (47.89%), Carbohydrates: 66.47g (22.16%), Net Carbohydrates: 61.04g (22.2%), Sugar: 58.32g (64.8%), Cholesterol: 30.37mg (10.12%), Sodium: 152.54mg (6.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.97%), Manganese: 0.54mg (27%), Fiber: 5.42g (21.7%), Vitamin E: 3.21mg (21.4%), Vitamin C: 12.48mg (15.13%), Vitamin K: 10.2µg (9.72%), Copper: 0.19mg (9.62%), Vitamin A: 480.23IU (9.6%), Magnesium: 38.31mg (9.58%), Vitamin B2: 0.16mg (9.16%), Potassium: 249.03mg (7.12%), Phosphorus: 67.46mg (6.75%), Calcium: 58.3mg (5.83%), Folate: 20.14µg (5.03%), Iron: 0.9mg (4.97%), Vitamin B3: 0.78mg (3.89%), Vitamin B1: 0.06mg (3.82%), Zinc: 0.55mg (3.65%), Vitamin B6: 0.07mg (3.43%), Vitamin B5: 0.24mg (2.42%), Selenium: 1.66µg (2.38%), Vitamin D: 0.21µg (1.41%)