



Apple Brown Betty

 Vegetarian

READY IN



300 min.

SERVINGS



6

CALORIES



393 kcal

SIDE DISH

Ingredients

- 3 cups breadcrumbs fresh
- 0.8 teaspoon cinnamon
- 4 large apples i use 2 granny smith apples crisp
- 3 tablespoons brown sugar light packed
- 0.8 cup vanilla yogurt frozen
- 0.1 teaspoon salt
- 3 tablespoons butter unsalted
- 1.3 cups water

Equipment

- frying pan
- sauce pan
- oven
- blender
- baking pan

Directions

- Preheat oven to 375°F.
- Melt butter in a large nonstick skillet and remove from heat. Stir in cinnamon, salt, and 1 tablespoon brown sugar, then stir in bread crumbs.
- Sprinkle one third of crumbs over bottom of a 1-quart shallow baking dish. Peel and coarsely chop 2 apples. Cook with water and remaining 2 tablespoons brown sugar in a 1 1/2-quart saucepan, covered, over moderate heat, stirring occasionally, 10 minutes. Purée chopped apples with cooking liquid in a blender.
- Peel remaining 2 apples and cut into 1/4-inch-thick wedges. Arrange wedges over crumbs, then pour hot purée over wedges.
- Sprinkle with remaining crumbs.
- Bake in middle of oven until top is golden brown and apples are tender, about 40 minutes. Cool on a rack 10 minutes and serve with frozen yogurt.
- Each serving, including yogurt, about 176 calories and 6 grams fat
- Gourmet

Nutrition Facts



PROTEIN 9% **FAT 19.88%** **CARBS 71.12%**

Properties

Glycemic Index:6.17, Glycemic Load:5.43, Inflammation Score:-5, Nutrition Score:12.722608688085%

Flavonoids

Cyanidin: 2.33mg, Cyanidin: 2.33mg, Cyanidin: 2.33mg, Cyanidin: 2.33mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.93mg, Catechin: 1.93mg, Catechin: 1.93mg, Catechin: 1.93mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 11.19mg, Epicatechin: 11.19mg, Epicatechin: 11.19mg, Epicatechin: 11.19mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg

Nutrients (% of daily need)

Calories: 393.31kcal (19.67%), Fat: 8.86g (13.63%), Saturated Fat: 4.32g (27.03%), Carbohydrates: 71.3g (23.77%), Net Carbohydrates: 65.16g (23.7%), Sugar: 30.46g (33.84%), Cholesterol: 15.66mg (5.22%), Sodium: 467.92mg (20.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.02g (18.04%), Vitamin B1: 0.56mg (37.34%), Manganese: 0.61mg (30.35%), Fiber: 6.13g (24.52%), Selenium: 15.6µg (22.28%), Vitamin B3: 3.76mg (18.81%), Vitamin B2: 0.31mg (18.46%), Calcium: 164.96mg (16.5%), Folate: 65.28µg (16.32%), Iron: 2.87mg (15.96%), Phosphorus: 143.98mg (14.4%), Copper: 0.19mg (9.7%), Potassium: 335.07mg (9.57%), Magnesium: 36.57mg (9.14%), Vitamin C: 7.06mg (8.56%), Vitamin K: 7.74µg (7.37%), Zinc: 1.09mg (7.25%), Vitamin B6: 0.14mg (7.08%), Vitamin B12: 0.34µg (5.75%), Vitamin A: 259.62IU (5.19%), Vitamin B5: 0.41mg (4.05%), Vitamin E: 0.5mg (3.32%)