



Apple Brown Betty

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



657 kcal

SIDE DISH

Ingredients

- 3 cups apples thinly sliced (4 large)
- 10 cups apples diced cored peeled
- 2 cups bread homemade cubed (no crusts)
- 0.8 stick butter melted
- 2 tablespoons butter melted
- 2 tablespoons butter
- 0.3 teaspoon cinnamon
- 1.5 teaspoons cinnamon

- 1 juice of lemon grated
- 0.3 teaspoon nutmeg
- 0.5 teaspoon nutmeg
- 1 cup granulated sugar white

Equipment

- oven

Directions

- Put a layer of cubed bread in buttered souffle dish that will hold 1-1/2 quarts.
- Mix apples, sugar and spices. Cover bread with a layer of apples. Dot with butter; add a little lemon juice and rind. Repeat layers, ending in bread cubes, until dish is well-heaped. Cover and bake in a preheated 375-degree oven for 30 minutes. Uncover and bake until apples are tender and crust golden brown, about 30 more minutes.

Nutrition Facts



Properties

Glycemic Index:82.13, Glycemic Load:53.34, Inflammation Score:-7, Nutrition Score:16.102173913043%

Flavonoids

Cyanidin: 4.25mg, Cyanidin: 4.25mg, Cyanidin: 4.25mg, Cyanidin: 4.25mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.52mg, Catechin: 3.52mg, Catechin: 3.52mg, Catechin: 3.52mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 20.39mg, Epicatechin: 20.39mg, Epicatechin: 20.39mg, Epicatechin: 20.39mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Quercetin: 10.88mg, Quercetin: 10.88mg, Quercetin: 10.88mg, Quercetin: 10.88mg

Taste

Sweetness: 100%, Saltiness: 1.24%, Sourness: 45.2%, Bitterness: 14.74%, Savoriness: 3.69%, Fattiness: 21.2%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 657.3kcal (32.86%), Fat: 23.27g (35.81%), Saturated Fat: 12.75g (79.7%), Carbohydrates: 108.99g (36.33%), Net Carbohydrates: 98.96g (35.98%), Sugar: 66.18g (73.53%), Cholesterol: 50.44mg (16.81%), Sodium: 527.05mg (22.92%), Protein: 9.4g (18.79%), Manganese: 1.15mg (57.3%), Fiber: 10.03g (40.13%), Selenium: 23.17µg (33.11%), Vitamin B1: 0.37mg (24.9%), Vitamin B3: 4.68mg (23.4%), Folate: 77.09µg (19.27%), Iron: 3.25mg (18.03%), Vitamin C: 14.58mg (17.67%), Vitamin B2: 0.28mg (16.74%), Vitamin A: 736.33IU (14.73%), Phosphorus: 138.46mg (13.85%), Calcium: 127.4mg (12.74%), Potassium: 415.82mg (11.88%), Magnesium: 47.45mg (11.86%), Vitamin K: 11.65µg (11.09%), Vitamin B6: 0.2mg (10.15%), Copper: 0.2mg (9.88%), Vitamin B5: 0.85mg (8.46%), Vitamin E: 1.2mg (8.02%), Zinc: 0.97mg (6.48%)