



Apple Brown Betty

READY IN



45 min.

SERVINGS



8

CALORIES



351 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup apple cider
- ☐ 4 ounce bread
- ☐ 0.3 cup brown sugar packed
- ☐ 2 pounds apples i use 2 granny smith apples peeled sliced
- ☐ 0.3 cup granulated sugar
- ☐ 0.1 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated

- ☐ 4 cups whipped cream low-fat
- ☐ 0.1 teaspoon salt
- ☐ 3 tablespoons stick margarine melted
- ☐ 1 teaspoon vanilla extract

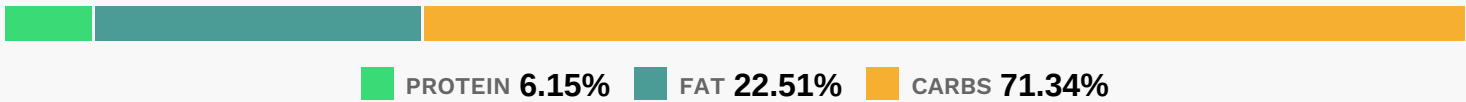
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Place bread in a food processor or blender; process until finely ground to measure 2 cups.
- ☐ Combine breadcrumbs and butter; set aside.
- ☐ Combine sugars and next 3 ingredients (sugars through allspice) in a large bowl. Stir in apple and the next 4 ingredients (apple through vanilla). Spoon 3 cups apple mixture into an 8-inch baking dish.
- ☐ Sprinkle with 1 cup breadcrumb mixture. Top with remaining apple and breadcrumb mixtures.
- ☐ Bake at 350 for 1 hour and 15 minutes or until bubbly. Cool on a wire rack. Spoon into 8 serving bowls; top each with 1/2 cup ice cream.

Nutrition Facts



Properties

Glycemic Index:32.19, Glycemic Load:22.23, Inflammation Score:-5, Nutrition Score:7.5773913653001%

Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 9.23mg, Epicatechin: 9.23mg, Epicatechin: 9.23mg, Epicatechin: 9.23mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg

Nutrients (% of daily need)

Calories: 351.26kcal (17.56%), Fat: 9.03g (13.89%), Saturated Fat: 3.29g (20.56%), Carbohydrates: 64.4g (21.47%), Net Carbohydrates: 60.67g (22.06%), Sugar: 48.2g (53.56%), Cholesterol: 20.52mg (6.84%), Sodium: 216.43mg (9.41%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 5.55g (11.1%), Calcium: 160.77mg (16.08%), Vitamin B2: 0.27mg (15.68%), Fiber: 3.72g (14.89%), Manganese: 0.28mg (13.79%), Vitamin A: 601.75IU (12.03%), Phosphorus: 112.27mg (11.23%), Vitamin C: 8.1mg (9.81%), Potassium: 335.4mg (9.58%), Selenium: 5.79µg (8.27%), Vitamin B1: 0.12mg (8.18%), Magnesium: 24.37mg (6.09%), Vitamin B12: 0.36µg (6.05%), Vitamin B5: 0.58mg (5.82%), Vitamin B6: 0.11mg (5.3%), Folate: 20.97µg (5.24%), Vitamin B3: 1.03mg (5.16%), Zinc: 0.76mg (5.08%), Iron: 0.91mg (5.04%), Copper: 0.07mg (3.67%), Vitamin K: 3.57µg (3.4%), Vitamin E: 0.51mg (3.38%)