



Apple Brown Betty with Sorghum Zabaglione

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



432 kcal

SIDE DISH

Ingredients

- ☐ 6 to 8 apples cored peeled cut into 1/4-inch slices (Gala or Granny Smith)
- ☐ 0.5 cup granulated sugar
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 juice of lemon
- ☐ 2 tablespoons brown sugar light packed
- ☐ 6 tablespoons butter unsalted ()
- ☐ 0.5 vanilla pod

- ☐ 0.5 loaf bread white fine (any type of bread is)

Equipment

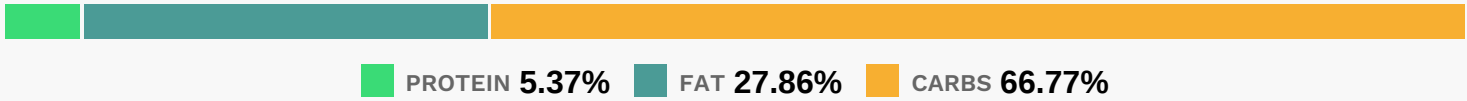
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350°F. Lightly butter an 8 by 8-inch baking dish.
- ☐ In a large bowl, toss the apples with the granulated sugar, cinnamon, ginger, lemon juice, and the vanilla pod and seeds. Cover with plastic wrap and let sit for 30 minutes.
- ☐ Tear the bread up and pulse in a food processor.
- ☐ Spread out the bread crumbs on a rimmed baking sheet and toast in the oven for 5 to 8 minutes, until golden. Set aside.
- ☐ While the bread crumbs are toasting, place 4 tablespoons of the butter into a small saucepan over medium heat. Cook until the milk solids separate from the fat and the butter begins to brown.
- ☐ In a medium bowl, mix the bread crumbs, brown sugar, and warm brown butter together.
- ☐ Add about one-quarter of the bread-crumble mixture to the apples. Toss to combine.
- ☐ Fill the prepared baking dish with the apple mixture. Dot with the remaining 2 tablespoons of butter.
- ☐ Cover the top with the remaining bread-crumble mixture. Press down firmly all over the top so that the mixture is tightly packed in the dish.
- ☐ Bake on the middle rack of the oven until the apples are soft and the juices start to bubble, 25 to 35 minutes.
- ☐ Serve warm and with a 1/2-cup scoop of sorghum zabaglione on top of each portion.

Reprinted with permission from A New Turn in the South by Hugh Acheson, © 2011 Clarkson PotterHUGH ACHESON is the chef/partner of the Athens, Georgia, restaurants Five and Ten (named best Atlanta restaurant by the Atlanta Journal-Constitution) and The National; the shop Gosford Wine; and his Atlanta restaurant, Empire State South. He is a five-time James Beard nominee for "Best Chef Southeast" and was named "Best New Chef" by Food & Wine. He lives in Athens with his wife and their two daughters.

Nutrition Facts



Properties

Glycemic Index:30.31, Glycemic Load:38.16, Inflammation Score:-6, Nutrition Score:10.554347899945%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg 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: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.32mg, Quercetin: 7.32mg, Quercetin: 7.32mg, Quercetin: 7.32mg

Nutrients (% of daily need)

Calories: 431.67kcal (21.58%), Fat: 13.84g (21.3%), Saturated Fat: 7.72g (48.23%), Carbohydrates: 74.63g (24.88%), Net Carbohydrates: 68.57g (24.93%), Sugar: 42.62g (47.36%), Cholesterol: 30.1mg (10.03%), Sodium: 275.11mg (11.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6g (12%), Manganese: 0.58mg (28.77%), Fiber: 6.06g (24.26%), Vitamin B1: 0.32mg (21.36%), Selenium: 13.55µg (19.36%), Folate: 69.88µg (17.47%), Vitamin B3: 2.9mg (14.51%), Calcium: 144.5mg (14.45%), Vitamin C: 10.33mg (12.53%), Iron: 2.25mg (12.52%), Vitamin B2: 0.19mg (11.33%), Vitamin A: 451.02IU (9.02%), Phosphorus: 88.68mg (8.87%), Potassium: 280.28mg (8.01%), Vitamin B6: 0.13mg (6.66%), Magnesium: 26.1mg (6.52%), Copper: 0.13mg (6.43%), Vitamin E: 0.8mg (5.33%), Vitamin K: 5.31µg (5.05%), Vitamin B5: 0.45mg (4.45%), Zinc: 0.61mg (4.05%), Vitamin D: 0.21µg (1.4%)