



Apple-Cheese Betty

READY IN



70 min.

SERVINGS



10

CALORIES



304 kcal

SIDE DISH

Ingredients

- 1 Tbsp butter cut into small pieces
- 8 cups granny smith apples peeled thinly sliced
- 1.5 tsp ground cinnamon
- 8 hawaiian rolls sweet quartered
- 2 Tbsp juice of lemon
- 8 oz cracker barrel sharp cheddar cheese shredded
- 1 cup sugar
- 2 Tbsp water

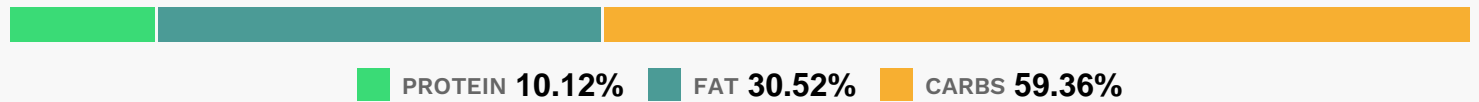
Equipment

- bowl
- oven
- baking pan

Directions

- Heat oven to 350F.
- Place apples in 13x9-inch baking dish sprayed with cooking spray.
- Add juice and water; mix lightly.
- Mix sugar and cinnamon.
- Add to bread in large bowl; toss to evenly coat.
- Spread over apples; dot with butter.
- Bake 45 min.
- Sprinkle with cheese; bake 5 min. or until melted.

Nutrition Facts



Properties

Glycemic Index:13.41, Glycemic Load:17.76, Inflammation Score:-3, Nutrition Score:4.7800000024878%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 7.53mg, Epicatechin: 7.53mg, Epicatechin: 7.53mg, Epicatechin: 7.53mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin:

4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg

Nutrients (% of daily need)

Calories: 304.45kcal (15.22%), Fat: 10.67g (16.41%), Saturated Fat: 5.41g (33.81%), Carbohydrates: 46.68g (15.56%), Net Carbohydrates: 44.06g (16.02%), Sugar: 33.68g (37.43%), Cholesterol: 30.52mg (10.17%), Sodium: 230.15mg (10.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.96g (15.91%), Calcium: 171.14mg (17.11%), Phosphorus: 115.68mg (11.57%), Fiber: 2.62g (10.46%), Selenium: 6.55µg (9.36%), Vitamin B2: 0.13mg (7.7%), Vitamin C: 5.78mg (7%), Vitamin A: 332.66IU (6.65%), Zinc: 0.88mg (5.89%), Manganese: 0.11mg (5.33%), Vitamin B12: 0.24µg (4.03%), Potassium: 130.22mg (3.72%), Vitamin B6: 0.06mg (2.94%), Magnesium: 11.61mg (2.9%), Vitamin K: 2.87µg (2.73%), Vitamin E: 0.41mg (2.71%), Folate: 8.4µg (2.1%), Copper: 0.04mg (1.91%), Vitamin B1: 0.02mg (1.63%), Vitamin B5: 0.16mg (1.61%), Iron: 0.2mg (1.12%)