



Apple Crisp Pizza with Caramel Sauce

 Popular

READY IN



55 min.

SERVINGS



6

CALORIES



506 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 medium apples peeled cut into 1/4 inch pieces
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup butter melted
- ☐ 0.5 cup mrs richardson's butterscotch caramel sauce
- ☐ 1 teaspoon cinnamon
- ☐ 0.8 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 tablespoon juice of lemon ()

- ☐ 0.8 cup old-fashioned rolled oats
- ☐ 1 pie crust
- ☐ 2 tablespoons sugar

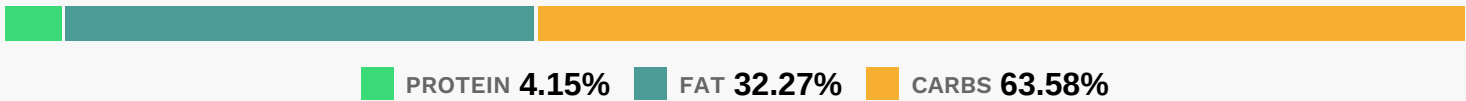
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Toss the apples in the lemon juice.
- ☐ Mix the sugar, flour and cinnamon in a large bowl and toss with apples.
- ☐ Roll the pie crust out to a 12 inch circle and fold a bit of the edge under so that there is a raised outer circle.
- ☐ Place the apple mixture onto the pie crust in a single layer.
- ☐ Mix the flour, sugar, oats, cinnamon and butter in a large bowl until it forms crumbs and sprinkle them over the apples.
- ☐ Bake in a preheated 350F oven until the top is golden brown and the apples are tender, about 30-40 minutes.
- ☐ Serve warm topped with caramel sauce and vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:46.18, Glycemic Load:18.19, Inflammation Score:-5, Nutrition Score:9.5195651857749%

Flavonoids

Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 9.14mg, Epicatechin: 9.14mg, Epicatechin: 9.14mg, Epicatechin: 9.14mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-

gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg
Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg
Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg
Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg
Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg
Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg
Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg

Nutrients (% of daily need)

Calories: 506.23kcal (25.31%), Fat: 18.66g (28.71%), Saturated Fat: 8.97g (56.05%), Carbohydrates: 82.73g (27.58%), Net Carbohydrates: 77.3g (28.11%), Sugar: 45.36g (50.4%), Cholesterol: 27.11mg (9.04%), Sodium: 268.59mg (11.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.81%), Manganese: 0.78mg (39.01%), Fiber: 5.43g (21.71%), Vitamin B1: 0.27mg (17.95%), Selenium: 10.48µg (14.97%), Folate: 56.79µg (14.2%), Iron: 2.23mg (12.39%), Vitamin B2: 0.18mg (10.49%), Phosphorus: 103.91mg (10.39%), Vitamin B3: 1.95mg (9.74%), Vitamin C: 6.67mg (8.08%), Vitamin A: 400.02IU (8%), Magnesium: 31.13mg (7.78%), Potassium: 256.09mg (7.32%), Copper: 0.13mg (6.38%), Vitamin K: 6.08µg (5.79%), Calcium: 54.62mg (5.46%), Vitamin E: 0.72mg (4.81%), Zinc: 0.69mg (4.57%), Vitamin B6: 0.09mg (4.55%), Vitamin B5: 0.44mg (4.44%)