



Apple Crisp with Prune Tequila Ice Cream

READY IN



45 min.

SERVINGS



10

CALORIES



724 kcal

DESSERT

Ingredients

- ☐ 5 pounds apples
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.8 cup t brown sugar dark packed
- ☐ 2.3 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 10 servings whipped cream
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 navel oranges finely grated
- ☐ 1.3 cups pecans chopped

- ☐ 0.4 teaspoon salt
- ☐ 1 cup butter unsalted softened cut into tablespoon pieces and

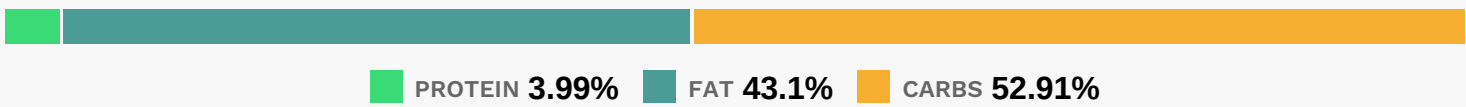
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Blend flour, sugars, cinnamon, and salt in a food processor until combined well.
- ☐ Add butter and blend until mixture forms large clumps.
- ☐ Transfer to a bowl and work in pecans with your fingertips.
- ☐ Preheat oven to 375°F.
- ☐ Whisk together sugar and cinnamon in a large bowl. Peel, quarter, and core apples, then slice 1/2 inch thick.
- ☐ Add apples to sugar mixture along with lemon juice and orange zest and toss until combined well.
- ☐ Spread apples in a lightly buttered 3 1/2- to 4-quart shallow baking dish and crumble topping evenly over them.
- ☐ Bake in middle of oven until topping is golden brown, about 1 hour. Cool to warm and serve with ice cream.

Nutrition Facts



Properties

Glycemic Index:25.31, Glycemic Load:40.63, Inflammation Score:-7, Nutrition Score:15.451739269754%

Flavonoids

Cyanidin: 4.98mg, Cyanidin: 4.98mg, Cyanidin: 4.98mg, Cyanidin: 4.98mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.9mg, Catechin: 3.9mg, Catechin: 3.9mg, Catechin: 3.9mg Epigallocatechin: 1.33mg, Epigallocatechin: 1.33mg, Epigallocatechin: 1.33mg, Epigallocatechin: 1.33mg Epicatechin: 17.19mg, Epicatechin: 17.19mg, Epicatechin: 17.19mg, Epicatechin: 17.19mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.73mg, Epigallocatechin 3–gallate: 0.73mg, Epigallocatechin 3–gallate: 0.73mg, Epigallocatechin 3–gallate: 0.73mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 3.5mg, Hesperetin: 3.5mg, Hesperetin: 3.5mg, Hesperetin: 3.5mg Naringenin: 1.04mg, Naringenin: 1.04mg, Naringenin: 1.04mg, Naringenin: 1.04mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 9.13mg, Quercetin: 9.13mg, Quercetin: 9.13mg, Quercetin: 9.13mg

Nutrients (% of daily need)

Calories: 723.66kcal (36.18%), Fat: 35.91g (55.24%), Saturated Fat: 17.07g (106.69%), Carbohydrates: 99.17g (33.06%), Net Carbohydrates: 90.84g (33.03%), Sugar: 65.45g (72.72%), Cholesterol: 77.85mg (25.95%), Sodium: 150.25mg (6.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.48g (14.96%), Manganese: 0.91mg (45.58%), Fiber: 8.33g (33.32%), Vitamin B1: 0.39mg (26.21%), Vitamin C: 20.41mg (24.74%), Vitamin B2: 0.4mg (23.29%), Vitamin A: 1010.05IU (20.2%), Folate: 72.59µg (18.15%), Selenium: 12.07µg (17.24%), Phosphorus: 171.94mg (17.19%), Copper: 0.3mg (14.76%), Potassium: 513.71mg (14.68%), Calcium: 138.2mg (13.82%), Iron: 2.18mg (12.08%), Magnesium: 46.69mg (11.67%), Vitamin B3: 2.25mg (11.25%), Vitamin B6: 0.19mg (9.26%), Zinc: 1.39mg (9.26%), Vitamin E: 1.36mg (9.09%), Vitamin B5: 0.85mg (8.51%), Vitamin K: 7.36µg (7.01%), Vitamin B12: 0.3µg (4.93%), Vitamin D: 0.47µg (3.15%)