



Apple Crostata with Caramel Sauce

READY IN



75 min.

SERVINGS



8

CALORIES



311 kcal

DESSERT

Ingredients

- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shortening cold
- ☐ 1 tablespoon butter cold
- ☐ 1 teaspoon vegetable oil
- ☐ 3 tablespoons buttermilk
- ☐ 0.5 cup sugar
- ☐ 3 tablespoons flour all-purpose
- ☐ 4 cups apples peeled chopped (4 medium)

- ☐ 1 tablespoon sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 cup mrs richardson's butterscotch caramel sauce

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ aluminum foil
- ☐ rolling pin

Directions

- ☐ Heat oven to 400°F. In medium bowl, mix 1 cup flour and the salt.
- ☐ Cut in shortening and butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles are size of small peas.
- ☐ Sprinkle oil and buttermilk, 1 tablespoon at a time) sprinkle over flour mixture, tossing with fork until all flour is moistened and dough almost cleans side of bowl.
- ☐ Gather dough into a ball; shape into flattened 5-inch round on lightly floured ungreased large cookie sheet. With floured rolling pin, roll pastry into 12-inch round.
- ☐ In large bowl, mix 1/2 cup sugar and 3 tablespoons flour. Stir in apples until coated. Mound apple mixture on center of dough round to within 2 inches of edge. Fold edge of dough over apple mixture; crimp edge of dough slightly. In small bowl, mix 1 tablespoon sugar and the cinnamon; sprinkle over apples and dough.
- ☐ Bake 42 to 47 minutes or until crust is golden brown and apples are fork tender. (If apples begin to brown too quickly, cover the apples loosely with aluminum foil.)
- ☐ Cut into wedges.
- ☐ Serve warm drizzled with caramel topping.

Nutrition Facts



 PROTEIN **3.24%**  FAT **30.84%**  CARBS **65.92%**

Properties

Glycemic Index:51.02, Glycemic Load:22.32, Inflammation Score:-2, Nutrition Score:4.5873913091162%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 311.36kcal (15.57%), Fat: 11.04g (16.99%), Saturated Fat: 3.27g (20.46%), Carbohydrates: 53.12g (17.71%), Net Carbohydrates: 51.05g (18.56%), Sugar: 36.9g (41%), Cholesterol: 4.38mg (1.46%), Sodium: 260.32mg (11.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.22%), Vitamin B1: 0.16mg (10.66%), Selenium: 6.93µg (9.9%), Manganese: 0.18mg (9.24%), Folate: 36.52µg (9.13%), Fiber: 2.06g (8.26%), Vitamin B2: 0.12mg (7.08%), Vitamin K: 7.19µg (6.85%), Vitamin B3: 1.15mg (5.76%), Iron: 0.96mg (5.32%), Vitamin E: 0.75mg (5.03%), Phosphorus: 43.09mg (4.31%), Vitamin C: 3.02mg (3.66%), Potassium: 114.11mg (3.26%), Calcium: 28.81mg (2.88%), Vitamin B5: 0.25mg (2.45%), Copper: 0.05mg (2.32%), Magnesium: 9.27mg (2.32%), Vitamin A: 112.56IU (2.25%), Vitamin B6: 0.04mg (1.8%), Vitamin B12: 0.08µg (1.33%), Zinc: 0.18mg (1.21%)