



Apple Crumb Croustades

 Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

327 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 1 tablespoon brown sugar
- ☐ 1.5 teaspoons butter chilled cut into small pieces
- ☐ 3 tablespoons butter chilled cut into small pieces
- ☐ 1 large egg white
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 tablespoons flour all-purpose
- ☐ 4.5 ounces flour all-purpose

- ☐ 2 cups apples i use 2 granny smith apples peeled chopped 2 medium
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 3.5 tablespoons ice water
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon water

Equipment

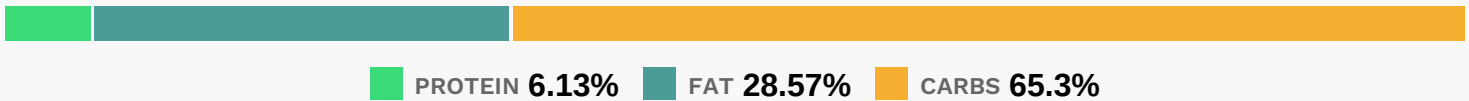
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ plastic wrap
- ☐ measuring cup

Directions

- ☐ To prepare crust, lightly spoon 1 cup flour into a dry measuring cup; level with a knife.
- ☐ Combine 1 cup flour and 1/8 teaspoon salt in a medium bowl; cut in 3 tablespoons butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Add 3 1/2 tablespoons ice water; stir just until moist. Turn dough out onto a heavily floured surface; knead lightly 5 times. Divide dough into 2 equal portions.
- ☐ Place each dough portion between 2 sheets of plastic wrap; roll each dough portion, still covered, into an 8-inch circle. Chill 10 minutes. Uncover dough; place dough circles on a baking sheet lined with parchment paper.
- ☐ Preheat oven to 35
- ☐ To prepare filling, combine apple and juice; toss to coat.
- ☐ Add 1/4 cup sugar, 1 tablespoon flour, 1/8 teaspoon salt, and 1/8 teaspoon cinnamon; toss to combine.

- ☐
- Place half of apple mixture in the center of each dough circle, leaving a 2-inch border; fold edges of dough toward center, pressing gently to seal (dough will only partially cover apple mixture).
- ☐
- Combine 1 tablespoon water and egg white; brush mixture gently over outside of crust.
- ☐
- To prepare topping, combine 2 tablespoons flour, 1 tablespoon sugar, 1/8 teaspoon salt, and 1/8 teaspoon cinnamon; cut in 1 1/2 teaspoons butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐
- Sprinkle mixture evenly over apple mixture in the center of each croustade.
- ☐
- Bake at 350 for 45 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:90.5, Glycemic Load:23, Inflammation Score:-5, Nutrition Score:7.2995651999246%

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 Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg 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: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 327.13kcal (16.36%), Fat: 10.54g (16.21%), Saturated Fat: 6.44g (40.24%), Carbohydrates: 54.19g (18.06%), Net Carbohydrates: 51.63g (18.77%), Sugar: 23.06g (25.62%), Cholesterol: 26.61mg (8.87%), Sodium: 172.91mg (7.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.17%), Selenium: 14.7µg (21%), Vitamin B1: 0.31mg (20.5%), Folate: 72.53µg (18.13%), Manganese: 0.3mg (15.06%), Vitamin B2: 0.24mg (14.29%), Vitamin B3: 2.31mg (11.55%), Iron: 1.95mg (10.86%), Fiber: 2.56g (10.25%), Vitamin A: 343.52IU (6.87%), Vitamin C: 5.05mg (6.13%), Phosphorus: 52.76mg (5.28%), Potassium: 151.79mg (4.34%), Copper: 0.08mg (4.23%), Magnesium: 14.59mg (3.65%), Vitamin E: 0.43mg (2.88%), Calcium: 28.34mg (2.83%), Vitamin B6: 0.05mg (2.62%), Vitamin B5:

0.26mg (2.61%), Vitamin K: 2.37µg (2.26%), Zinc: 0.31mg (2.08%)