



Apple Crumble with Cardamom-Vanilla Caramel Sauce

 Vegetarian

READY IN



90 min.

SERVINGS



4

CALORIES



831 kcal

DESSERT

Ingredients

- ☐ 0.7 cup brown sugar
- ☐ 1 tablespoon butter
- ☐ 0.7 cup flour all-purpose
- ☐ 3 granny smith apples cored peeled sliced
- ☐ 2 tablespoons granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup heavy cream

- ☐ 1 juice of lemon
- ☐ 0.7 cup oats
- ☐ 1 pinch salt
- ☐ 1 teaspoon cardamom seeds crushed
- ☐ 0.7 cup sugar
- ☐ 4 ounces butter unsalted
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup water

Equipment

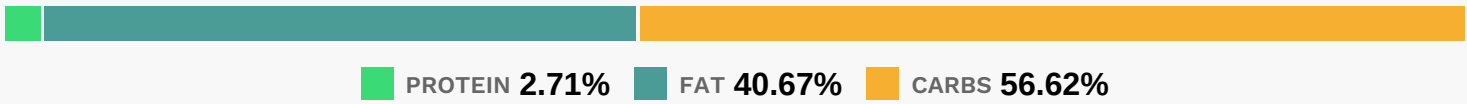
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ In a small bowl, toss the apple slices with the lemon zest, lemon juice, sugar, cinnamon, and salt, and set aside.
- ☐ In another small bowl, mix the flour, brown sugar, oats, and salt with a fork until uniform. In a baking dish, melt the butter in the microwave until about half melts, 10 to 15 seconds on high.
- ☐ Pour the butter into the flour mixture and incorporate with a fork. Leaving the excess butter in the baking dish, arrange the apple slices in the dish. Top with the flour-oat mixture.
- ☐ Bake until the apples are cooked through and the topping is golden, about 45 minutes.
- ☐ In a medium-heavy saucepan, mix the water and sugar and bring to a boil over medium-high heat. Allow the mixture to boil, without stirring. Cook's Note: Swirl the pan, if needed. Boil until the sugar mixture is pale golden brown, approximately 7 minutes. Cook's Note: Watch closely; sugar burns quickly.

- ☐
- Remove the pan from the heat, and stirring vigorously add the butter and cream. The mixture will bubble.
- ☐
- Add the cardamom seeds and stir to incorporate. Return the pan to the heat and bring the mixture to a boil and then remove from the heat and allow to cool a few minutes. Stir in the vanilla extract and strain the sauce before drizzling over the cobbler.

Nutrition Facts



Properties

Glycemic Index:85.55, Glycemic Load:47.06, Inflammation Score:-7, Nutrition Score:11.595217341962%

Flavonoids

Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg

Nutrients (% of daily need)

Calories: 831.47kcal (41.57%), Fat: 38.64g (59.45%), Saturated Fat: 23.51g (146.93%), Carbohydrates: 121.04g (40.35%), Net Carbohydrates: 115.45g (41.98%), Sugar: 90.44g (100.49%), Cholesterol: 102.09mg (34.03%), Sodium: 57.55mg (2.5%), Alcohol: 0.34g (100%), Alcohol %: 0.13% (100%), Protein: 5.78g (11.57%), Manganese: 0.8mg (39.87%), Vitamin A: 1308.88IU (26.18%), Fiber: 5.61g (22.44%), Selenium: 12.88µg (18.4%), Vitamin B1: 0.26mg (17.23%), Vitamin B2: 0.24mg (13.87%), Folate: 50.59µg (12.65%), Phosphorus: 120.27mg (12.03%), Iron: 2.07mg (11.5%), Vitamin C: 9.38mg (11.37%), Magnesium: 37.09mg (9.27%), Vitamin E: 1.35mg (9%), Potassium: 314.09mg (8.97%), Calcium: 82.47mg (8.25%), Vitamin B3: 1.6mg (7.98%), Copper: 0.15mg (7.67%), Vitamin K: 6.67µg (6.36%), Vitamin D: 0.9µg (6.01%), Zinc: 0.82mg (5.49%), Vitamin B6: 0.11mg (5.48%), Vitamin B5: 0.5mg (4.97%), Vitamin B12: 0.1µg (1.7%)