



Apple Crumble with Vanilla Ice Cream

READY IN



25 min.

SERVINGS



4

CALORIES



889 kcal

DESSERT

Ingredients

- 0.3 cup canola oil
- 0.5 cup mrs richardson's butterscotch caramel sauce prepared
- 4 granny smith apples cut in half
- 0.5 cup cereal
- 1 teaspoon ground cinnamon
- 8 tablespoons brown sugar light
- 8 tablespoons butter unsalted cold melted
- 1 pint whipped cream

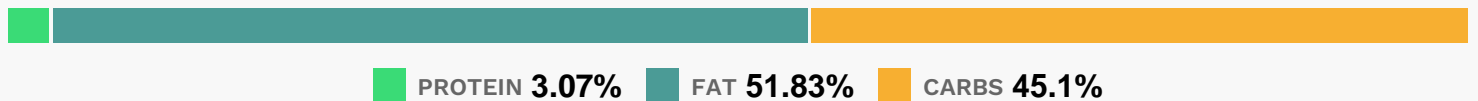
Equipment

- bowl
- grill

Directions

- Watch how to make this recipe.
- Heat the grill to medium.
- Place apples in a medium bowl and toss with the oil.
- Place the apples on the grill, cut-side down and grill until nicely browned. Flip the apples over and continue to grill until nicely browned on skin side.
- Remove from the grill and allow to cool briefly.
- Once they are cool enough to handle, core and cut the apples into wedges.
- Place the apple wedges into a bowl and toss with 1/2 teaspoon ground cinnamon, 4 tablespoons light brown sugar and 1/2 stick melted butter.
- In another bowl, toss together the remaining melted butter, cinnamon, light brown sugar and the granola.
- Place 1 large scoop of ice cream into 4 bowls and top with the apple mixture.
- Sprinkle the granola mixture over the top of the apple and drizzle with some of the caramel sauce, if using.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:23.17, Inflammation Score:-7, Nutrition Score:13.348260796588%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg,

Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 888.7kcal (44.44%), Fat: 52.79g (81.21%), Saturated Fat: 23.84g (148.98%), Carbohydrates: 103.35g (34.45%), Net Carbohydrates: 97.09g (35.31%), Sugar: 86.53g (96.15%), Cholesterol: 112.25mg (37.42%), Sodium: 207.67mg (9.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.04g (14.07%), Manganese: 0.6mg (29.99%), Vitamin E: 4.39mg (29.3%), Vitamin A: 1322.92IU (26.46%), Fiber: 6.25g (25.02%), Calcium: 220.94mg (22.09%), Vitamin B2: 0.37mg (21.67%), Phosphorus: 208.08mg (20.81%), Vitamin K: 17.13µg (16.31%), Potassium: 548.76mg (15.68%), Vitamin C: 9.26mg (11.22%), Magnesium: 43.97mg (10.99%), Vitamin B5: 0.99mg (9.94%), Vitamin B12: 0.57µg (9.51%), Vitamin B1: 0.13mg (8.55%), Zinc: 1.24mg (8.24%), Selenium: 5.72µg (8.17%), Vitamin B6: 0.16mg (8.06%), Copper: 0.14mg (6.9%), Iron: 1.21mg (6.7%), Folate: 18.23µg (4.56%), Vitamin D: 0.66µg (4.38%), Vitamin B3: 0.49mg (2.46%)