



WHATSheATE



Apple-Fig Brown Betty



Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



745 kcal

SIDE DISH

Ingredients

- ☐ 5 cups breadcrumbs white soft (10 slices bread)
- ☐ 0.3 cup granulated sugar
- ☐ 6 tablespoons butter melted
- ☐ 0.8 cup brown sugar packed
- ☐ 2 teaspoons apple pie spice
- ☐ 2 lb apples peeled sliced (8 cups)
- ☐ 1 cup figs dried quartered
- ☐ 0.5 cup apple cider

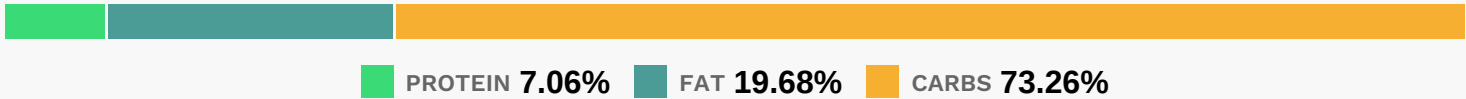
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Grease bottom and sides of 12x8-inch (2-quart) glass baking dish with butter or cooking spray.
- ☐ In medium bowl, stir together bread crumbs, granulated sugar and butter.
- ☐ Spread 1/3 of crumb mixture in bottom of baking dish.
- ☐ In medium bowl, stir together brown sugar and apple pie spice.
- ☐ Add apples and figs; stir to coat with sugar mixture. Spoon over crumb mixture in dish.
- ☐ Pour apple cider evenly over apple mixture. Top with remaining 2/3 of crumb mixture.
- ☐ Bake 50 to 60 minutes or until apples are tender and topping is golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:28.97, Glycemic Load:16.39, Inflammation Score:-7, Nutrition Score:20.641304410022%

Flavonoids

Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 12.31mg, Epicatechin: 12.31mg, Epicatechin: 12.31mg, Epicatechin: 12.31mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg

Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg

Nutrients (% of daily need)

Calories: 744.53kcal (37.23%), Fat: 16.66g (25.63%), Saturated Fat: 3.55g (22.17%), Carbohydrates: 139.6g (46.53%), Net Carbohydrates: 129.35g (47.04%), Sugar: 70.14g (77.93%), Cholesterol: 0mg (0%), Sodium: 803.73mg (34.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.44g (26.89%), Vitamin B1: 0.92mg (61.57%), Manganese: 1.14mg (57.24%), Fiber: 10.25g (41%), Selenium: 23.29µg (33.27%), Vitamin B3: 6.32mg (31.62%), Iron: 5.39mg (29.93%), Folate: 103.65µg (25.91%), Vitamin B2: 0.43mg (25.49%), Calcium: 247.23mg (24.72%), Phosphorus: 188.25mg (18.83%), Copper: 0.36mg (18.03%), Magnesium: 67.93mg (16.98%), Potassium: 573.95mg (16.4%), Vitamin K: 13.33µg (12.69%), Vitamin A: 586.85IU (11.74%), Vitamin B6: 0.22mg (10.8%), Zinc: 1.56mg (10.39%), Vitamin C: 7.61mg (9.23%), Vitamin B5: 0.75mg (7.55%), Vitamin E: 0.88mg (5.88%), Vitamin B12: 0.33µg (5.48%)