



Apple-Raisin Crumble with Orange Ice Cream

READY IN



45 min.

SERVINGS



6

CALORIES



693 kcal

DESSERT

Ingredients

- 0.5 cup cornstarch
- 1.3 cups flour all-purpose
- 6 tablespoons brown sugar packed ()
- 0.3 teaspoon ground cloves
- 6 servings whipped cream
- 2 tablespoons orange juice
- 0.8 cup raisins
- 2 pounds delicious apples cored peeled cut into 1/4-inch-thick slices (5)
- 0.1 teaspoon salt

14 tablespoons butter unsalted room temperature ()

Equipment

bowl

oven

hand mixer

glass baking pan

Directions

Preheat oven to 325°F. Using electric mixer, beat butter and 6 tablespoons sugar in medium bowl until fluffy. Beat in flour, cornstarch, cloves, and salt. Using fingertips, press shortbread topping until moist clumps form.

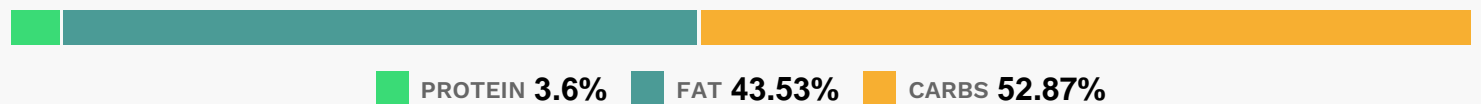
Toss apples, raisins, remaining 5 tablespoons sugar, and orange juice in large bowl, separating apple slices to coat evenly.

Transfer filling to 11x7x2-inch glass baking dish; scatter topping over. Press to compact slightly.

Bake crumble until apples are tender and topping is golden brown, about 1 hour 5 minutes.

Serve warm with Orange Ice Cream.

Nutrition Facts



Properties

Glycemic Index:46.47, Glycemic Load:38.01, Inflammation Score:-7, Nutrition Score:12.036086932473%

Flavonoids

Cyanidin: 2.37mg, Cyanidin: 2.37mg, Cyanidin: 2.37mg, Cyanidin: 2.37mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 11.39mg, Epicatechin: 11.39mg, Epicatechin: 11.39mg, Epicatechin: 11.39mg 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 Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol:

0.01mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg 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: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg

Nutrients (% of daily need)

Calories: 693.24kcal (34.66%), Fat: 34.41g (52.94%), Saturated Fat: 21.38g (133.66%), Carbohydrates: 94.03g (31.34%), Net Carbohydrates: 87.82g (31.94%), Sugar: 41.93g (46.59%), Cholesterol: 99.27mg (33.09%), Sodium: 116.59mg (5.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.39g (12.79%), Fiber: 6.21g (24.84%), Vitamin A: 1187.31IU (23.75%), Vitamin B2: 0.38mg (22.41%), Vitamin B1: 0.3mg (19.87%), Manganese: 0.36mg (18.09%), Selenium: 11.49µg (16.42%), Folate: 62.03µg (15.51%), Potassium: 508.69mg (14.53%), Phosphorus: 140.28mg (14.03%), Vitamin C: 11.16mg (13.53%), Calcium: 121.99mg (12.2%), Iron: 2.16mg (12.01%), Vitamin B3: 2.11mg (10.53%), Copper: 0.17mg (8.49%), Vitamin E: 1.25mg (8.36%), Magnesium: 31.24mg (7.81%), Vitamin B6: 0.15mg (7.42%), Vitamin B5: 0.67mg (6.68%), Vitamin K: 6.02µg (5.73%), Zinc: 0.79mg (5.25%), Vitamin B12: 0.31µg (5.22%), Vitamin D: 0.62µg (4.15%)