



Apple Whiskey Crisp with Whiskey Caramel Sauce

READY IN



100 min.

SERVINGS



8

CALORIES



1059 kcal

DESSERT

Ingredients

- ☐ 0.8 cup brown sugar packed
- ☐ 1 cup butter cut into pieces
- ☐ 1.5 cups flour all-purpose
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 0.5 cup granulated sugar
- ☐ 0.8 cup granulated sugar
- ☐ 1.5 cups granulated sugar
- ☐ 2 teaspoons ground cinnamon

- ☐ 1 teaspoon nutmeg freshly grated
- ☐ 2 tablespoons honey-flavored whiskey
- ☐ 3 tablespoons honey-flavored whiskey
- ☐ 1 teaspoon lemon zest grated
- ☐ 1 cup rolled oats
- ☐ 1 tablespoon orange juice
- ☐ 2 tablespoons orange juice
- ☐ 1 teaspoon orange zest grated
- ☐ 8 delicious apples peeled cut into 1/2-inch cubes
- ☐ 0.5 teaspoon salt
- ☐ 8 servings thyme sprigs fresh
- ☐ 0.5 teaspoon vanilla
- ☐ 8 servings whipped cream
- ☐ 0.3 cup water
- ☐ 1.3 cups whipping cream

Equipment

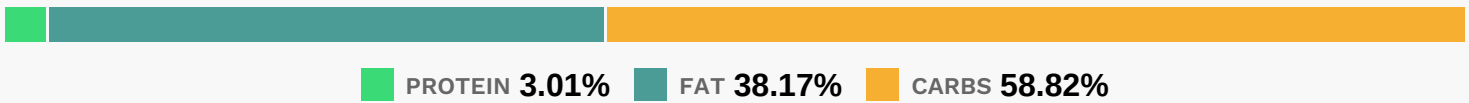
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350F. Lightly spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- ☐ In food processor, place flour, oats, 3/4 cup granulated sugar, the brown sugar and salt. Cover; process until combined.

- ☐ Add butter. Cover; process with on-and-off pulses until mixture is consistency of coarse crumbs. Set aside.
- ☐ In large bowl, mix all filling ingredients.
- ☐ Pour into baking dish. Crumble topping over apple mixture.
- ☐ Bake 1 hour.
- ☐ Meanwhile, in 1-quart saucepan, heat 1 1/2 cups granulated sugar and the water over medium-high heat until bubbles form and mixture is simmering. DO NOT STIR. Occasionally lift saucepan from heat and gently swirl mixture while sugar is heating. In about 10 minutes, sugar will start to caramelize. Simmer until mixture is a rich, dark amber color. Reduce heat to low. Stir in whipping cream with whisk until mixture is blended and smooth.
- ☐ Remove saucepan from heat; pour sauce into heatproof jar or bowl. Stir in vanilla, 3 tablespoons whiskey and 2 tablespoons orange juice. Refrigerate until serving time (sauce will thicken as it cools).
- ☐ Serve apple crisp warm with ice cream; drizzle with caramel sauce.
- ☐ Garnish with thyme sprigs.

Nutrition Facts



Properties

Glycemic Index:95.91, Glycemic Load:79.6, Inflammation Score:-9, Nutrition Score:15.043478219405%

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 Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg

Nutrients (% of daily need)

Calories: 1059.38kcal (52.97%), Fat: 45.25g (69.62%), Saturated Fat: 27.89g (174.34%), Carbohydrates: 156.92g (52.31%), Net Carbohydrates: 149.84g (54.49%), Sugar: 123.47g (137.19%), Cholesterol: 132.07mg (44.02%), Sodium: 400.82mg (17.43%), Alcohol: 3.46g (100%), Alcohol %: 0.94% (100%), Protein: 8.03g (16.07%), Manganese: 0.74mg (36.8%), Vitamin A: 1718.81IU (34.38%), Fiber: 7.08g (28.32%), Vitamin B2: 0.44mg (25.88%), Vitamin B1: 0.31mg (20.41%), Selenium: 14.15µg (20.22%), Phosphorus: 189.3mg (18.93%), Vitamin C: 15.27mg (18.51%), Calcium: 166.74mg (16.67%), Folate: 60.35µg (15.09%), Potassium: 485.13mg (13.86%), Iron: 2.35mg (13.06%), Magnesium: 46.59mg (11.65%), Vitamin E: 1.6mg (10.65%), Vitamin B3: 1.87mg (9.35%), Vitamin B5: 0.89mg (8.86%), Copper: 0.18mg (8.77%), Zinc: 1.24mg (8.26%), Vitamin B6: 0.16mg (7.95%), Vitamin K: 7.81µg (7.44%), Vitamin B12: 0.37µg (6.09%), Vitamin D: 0.73µg (4.85%)