



WHATSheATE



Apple Whiskey Crisp with Whiskey Caramel Sauce

READY IN



100 min.

SERVINGS



8

CALORIES



948 kcal

DESSERT

Ingredients

- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup oats
- ☐ 0.8 cup granulated sugar
- ☐ 0.8 cup brown sugar packed
- ☐ 0.5 teaspoon salt
- ☐ 1 cup butter cut into pieces
- ☐ 8 golden delicious apple peeled cut into 1/2-inch cubes
- ☐ 0.5 cup granulated sugar

- ☐ 1 teaspoon lemon zest grated
- ☐ 1 teaspoon orange zest grated
- ☐ 2 tablespoons orange juice
- ☐ 2 tablespoons honey-flavored whiskey
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 teaspoon nutmeg freshly grated
- ☐ 1.5 cups granulated sugar
- ☐ 0.3 cup water
- ☐ 1.3 cups whipping cream
- ☐ 0.5 teaspoon vanilla
- ☐ 3 tablespoons honey-flavored whiskey
- ☐ 1 tablespoon orange juice
- ☐ 1 serving whipped cream
- ☐ 1 serving thyme sprigs fresh

Equipment

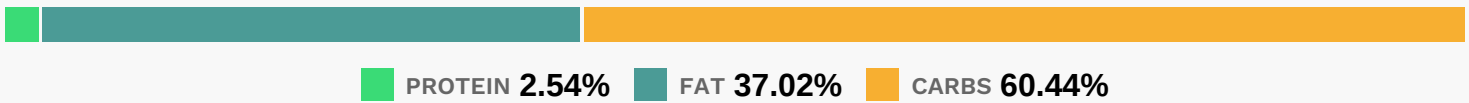
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. 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:96.78, Glycemic Load:72.81, Inflammation Score:-9, Nutrition Score:12.053478220235%

Flavonoids

Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg Epicatechin: 10.03mg, Epicatechin: 10.03mg, Epicatechin: 10.03mg, Epicatechin: 10.03mg 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: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg

Nutrients (% of daily need)

Calories: 948.06kcal (47.4%), Fat: 38.85g (59.77%), Saturated Fat: 23.92g (149.49%), Carbohydrates: 142.71g (47.57%), Net Carbohydrates: 136.16g (49.51%), Sugar: 110.58g (122.86%), Cholesterol: 106.66mg (35.55%), Sodium:

356.36mg (15.49%), Alcohol: 3.46g (100%), Alcohol %: 1.08% (100%), Protein: 6g (12%), Manganese: 0.72mg (35.82%), Vitamin A: 1428.65IU (28.57%), Fiber: 6.55g (26.21%), Vitamin B1: 0.28mg (18.92%), Selenium: 13.11µg (18.73%), Vitamin B2: 0.3mg (17.48%), Folate: 57.07µg (14.27%), Phosphorus: 125.91mg (12.59%), Iron: 2.16mg (12.02%), Potassium: 352.14mg (10.06%), Vitamin E: 1.42mg (9.5%), Magnesium: 37.11mg (9.28%), Vitamin B3: 1.79mg (8.96%), Calcium: 89.28mg (8.93%), Copper: 0.16mg (8.13%), Vitamin B6: 0.15mg (7.32%), Vitamin K: 6.91µg (6.58%), Vitamin C: 5.15mg (6.24%), Vitamin B5: 0.57mg (5.71%), Zinc: 0.82mg (5.5%), Vitamin D: 0.61µg (4.08%), Vitamin B12: 0.14µg (2.33%)