



WHATSheATE



## Apples, Prune, and Brandy Crisp

READY IN



45 min.

SERVINGS



4

CALORIES



857 kcal

DESSERT

### Ingredients

- ☐ 2.3 lb mcintosh apples
- ☐ 0.5 cup brandy
- ☐ 0.1 teaspoon cinnamon
- ☐ 0.7 cup flour all-purpose
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.7 cup old-fashioned oats
- ☐ 8 oz prune- cut to pieces pitted halved
- ☐ 0.3 teaspoon salt
- ☐ 6 tablespoons butter unsalted cold cut into 1/2-inch cubes

☐ 4 servings accompaniment: vanilla ice cream

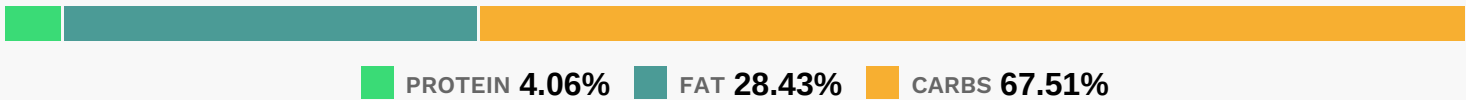
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 425°F.
- ☐ Bring brandy to a boil in a small saucepan and remove from heat. Stir in prunes and let stand while making topping.
- ☐ Pulse together flour, 6 tablespoons brown sugar, butter, salt, and cinnamon in a food processor until mixture resembles coarse meal.
- ☐ Add oats and pulse once or twice to just combine.
- ☐ Peel, quarter, and core apples and cut into 1/2-inch wedges.
- ☐ Transfer apples to a 1 1/2-quart shallow baking dish and toss with prune mixture and remaining 2 tablespoons brown sugar.
- ☐ Sprinkle topping evenly over apple filling and bake in middle of oven until topping is golden brown and filling is bubbling, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:64.25, Glycemic Load:42.48, Inflammation Score:-8, Nutrition Score:19.239565331003%

Flavonoids

Cyanidin: 4.41mg, Cyanidin: 4.41mg, Cyanidin: 4.41mg, Cyanidin: 4.41mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.32mg, Catechin: 3.32mg, Catechin: 3.32mg, Catechin: 3.32mg Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg Epicatechin: 19.21mg, Epicatechin:

19.21mg, Epicatechin: 19.21mg, Epicatechin: 19.21mg Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg Epigallocatechin 3–gallate: 0.48mg, Epigallocatechin 3–gallate: 0.48mg, Epigallocatechin 3–gallate: 0.48mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 11.25mg, Quercetin: 11.25mg, Quercetin: 11.25mg, Quercetin: 11.25mg

Nutrients (% of daily need)

Calories: 856.95kcal (42.85%), Fat: 26.03g (40.04%), Saturated Fat: 15.57g (97.33%), Carbohydrates: 139.1g (46.37%), Net Carbohydrates: 126.53g (46.01%), Sugar: 89.01g (98.9%), Cholesterol: 74.19mg (24.73%), Sodium: 213.37mg (9.28%), Alcohol: 10.02g (100%), Alcohol %: 2.59% (100%), Protein: 8.36g (16.72%), Fiber: 12.57g (50.29%), Manganese: 0.93mg (46.59%), Vitamin K: 41.37µg (39.4%), Vitamin A: 1383.43IU (27.67%), Vitamin B2: 0.46mg (27.2%), Potassium: 933.11mg (26.66%), Phosphorus: 221.77mg (22.18%), Vitamin B1: 0.33mg (21.86%), Selenium: 12.87µg (18.38%), Magnesium: 71.41mg (17.85%), Copper: 0.35mg (17.46%), Calcium: 162.9mg (16.29%), Vitamin C: 12.48mg (15.12%), Iron: 2.65mg (14.73%), Vitamin B6: 0.29mg (14.38%), Folate: 56.58µg (14.15%), Vitamin B3: 2.8mg (14%), Vitamin B5: 1.08mg (10.81%), Zinc: 1.49mg (9.9%), Vitamin E: 1.46mg (9.73%), Vitamin B12: 0.29µg (4.88%), Vitamin D: 0.45µg (2.98%)