



Bourbon Apple Crisp Shooters with Bourbon Cream

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



909 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 cups apples all-purpose crisp chopped (such as Fuji)
- ☐ 0.8 cup brown sugar packed
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoons orange juice
- ☐ 0.3 cup bourbon
- ☐ 0.8 cup oats
- ☐ 0.5 cup flour all-purpose

- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 1 cup whipping cream
- ☐ 1 tablespoon bourbon
- ☐ 2 tablespoons powdered sugar

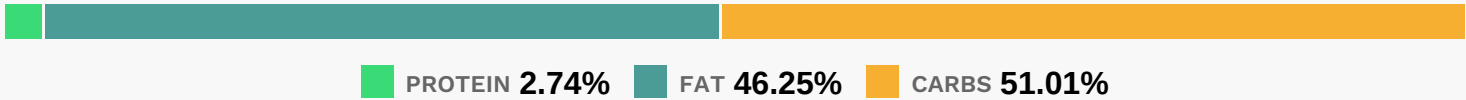
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. In large bowl, stir together Shooters ingredients until well combined.
- ☐ Place mixture in ungreased 13x9-inch (3-quart) glass baking dish.
- ☐ In medium bowl, mix Topping ingredients with hands. Crumble topping over apples.
- ☐ Bake 35 to 45 minutes or until topping is golden brown.
- ☐ Meanwhile, in large bowl, beat Bourbon Cream ingredients with electric mixer on low speed until mixture begins to thicken. Gradually increase speed to high; beat until stiff peaks form.
- ☐ Spoon warm apple crisp into shot glasses. Top each with bourbon cream.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:77.25, Glycemic Load:19.46, Inflammation Score:-8, Nutrition Score:13.023043394089%

Flavonoids

Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 9.41mg, Epicatechin: 9.41mg, Epicatechin: 9.41mg, Epicatechin: 9.41mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg

Nutrients (% of daily need)

Calories: 909.21kcal (45.46%), Fat: 45.92g (70.65%), Saturated Fat: 28.5g (178.13%), Carbohydrates: 113.97g (37.99%), Net Carbohydrates: 108.83g (39.58%), Sugar: 86.34g (95.93%), Cholesterol: 128.24mg (42.75%), Sodium: 220.19mg (9.57%), Alcohol: 6.26g (100%), Alcohol %: 2.31% (100%), Protein: 6.11g (12.23%), Manganese: 0.94mg (47.03%), Vitamin A: 1669.72IU (33.39%), Fiber: 5.13g (20.53%), Selenium: 13.41µg (19.15%), Vitamin B1: 0.25mg (16.55%), Magnesium: 62.89mg (15.72%), Vitamin B2: 0.25mg (14.92%), Phosphorus: 146.84mg (14.68%), Calcium: 126.12mg (12.61%), Vitamin C: 10.38mg (12.58%), Iron: 2.2mg (12.23%), Folate: 43.71µg (10.93%), Potassium: 379.28mg (10.84%), Vitamin E: 1.56mg (10.41%), Copper: 0.16mg (8.05%), Vitamin K: 7.34µg (6.99%), Vitamin B3: 1.33mg (6.65%), Vitamin B6: 0.13mg (6.38%), Vitamin D: 0.95µg (6.35%), Zinc: 0.86mg (5.71%), Vitamin B5: 0.54mg (5.44%), Vitamin B12: 0.14µg (2.39%)