



## Butterscotch Apple Crisp

READY IN



65 min.

SERVINGS



8

CALORIES



655 kcal

DESSERT

### Ingredients

- 0.5 cup butter
- 11 ounce butterscotch chips
- 0.3 cup flour all-purpose
- 0.8 cup flour all-purpose
- 2 pounds granny smith apples peeled roughly chopped
- 0.3 teaspoon ground allspice
- 0.5 teaspoon ground cinnamon
- 8 servings butter pecan ice cream for serving
- 1 juice of lemon juiced

- 1 pinch kosher salt
- 0.3 cup brown sugar light
- 0.5 cup oats quick
- 0.8 cup pecans chopped
- 3 tablespoons butter unsalted cubed plus more for greasing

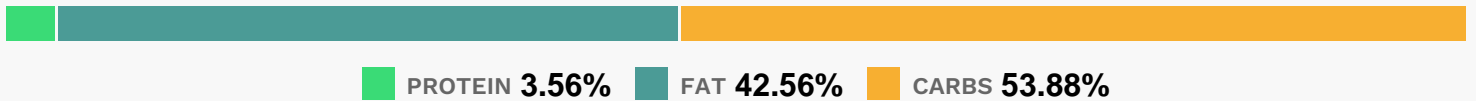
## Equipment

- bowl
- oven
- baking pan

## Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F. Butter a 2-quart baking dish.
- For the filling: Toss the apples, butterscotch chips, brown sugar, flour, cinnamon, allspice, and lemon juice together in a large bowl.
- Add to the buttered baking dish and dot with butter.
- For the topping: In a separate bowl, combine the flour, sugar, oats, and salt. Blend the butter into the mixture until it forms pea size lumps. Stir in the pecans and sprinkle over the filling.
- Bake until the apples are tender and butterscotch is bubbling, about 45 minutes.
- Let cool for 5 minutes before serving. Plate with a scoop of butter pecan ice cream on top.

## Nutrition Facts



## Properties

Glycemic Index:48.5, Glycemic Load:23.97, Inflammation Score:-6, Nutrition Score:11.165652363197%

## Flavonoids

Cyanidin: 2.78mg, Cyanidin: 2.78mg, Cyanidin: 2.78mg, Cyanidin: 2.78mg Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin:

0.02mg Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg Epicatechin: 8.61mg, Epicatechin: 8.61mg, Epicatechin: 8.61mg, Epicatechin: 8.61mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.43mg, Epigallocatechin 3–gallate: 0.43mg, Epigallocatechin 3–gallate: 0.43mg, Epigallocatechin 3–gallate: 0.43mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg

## Nutrients (% of daily need)

Calories: 654.6kcal (32.73%), Fat: 31.7g (48.77%), Saturated Fat: 15.96g (99.77%), Carbohydrates: 90.29g (30.1%), Net Carbohydrates: 85.23g (30.99%), Sugar: 64.43g (71.58%), Cholesterol: 74.34mg (24.78%), Sodium: 305.48mg (13.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.97g (11.94%), Manganese: 0.82mg (40.81%), Fiber: 5.06g (20.26%), Vitamin B1: 0.26mg (17.62%), Vitamin B2: 0.3mg (17.45%), Vitamin A: 869.95IU (17.4%), Phosphorus: 153.35mg (15.33%), Selenium: 9.08µg (12.97%), Calcium: 116.33mg (11.63%), Magnesium: 44.65mg (11.16%), Copper: 0.2mg (10.21%), Folate: 40.39µg (10.1%), Potassium: 345.62mg (9.87%), Vitamin C: 7.19mg (8.72%), Zinc: 1.25mg (8.35%), Iron: 1.46mg (8.14%), Vitamin E: 1.07mg (7.14%), Vitamin B5: 0.67mg (6.75%), Vitamin B3: 1.28mg (6.38%), Vitamin B6: 0.12mg (5.75%), Vitamin B12: 0.29µg (4.84%), Vitamin K: 4.74µg (4.52%), Vitamin D: 0.21µg (1.41%)