



Caramel Apple Crisp

READY IN



45 min.

SERVINGS



9

CALORIES



260 kcal

DESSERT

Ingredients

- 1.5 pounds rome apple peeled sliced
- 0.3 cup caramel sundae syrup fat-free
- 0.5 cup flour all-purpose
- 1.5 pounds apples i use 2 granny smith apples peeled sliced
- 0.3 cup granulated sugar
- 0.3 cup brown sugar light packed
- 0.5 cup coarsely broken peanut brittle (such as Planters)
- 0.3 cup stick margarine chilled cut into small pieces

Equipment

- bowl
- oven
- knife
- blender
- baking pan
- measuring cup

Directions

- Preheat oven to 37
- Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour and sugars in a bowl; cut in butter with a pastry blender or 2 knives until mixture is crumbly.
- Add peanut brittle; toss well.
- Combine apples and syrup in a bowl; toss well. Spoon apple mixture into an 8-inch square baking dish or 1 1/2-quart casserole.
- Sprinkle with crumb mixture.
- Bake at 375 for 45 minutes or until golden brown.

Nutrition Facts



PROTEIN 4.93% **FAT 31.52%** **CARBS 63.55%**

Properties

Glycemic Index:24.82, Glycemic Load:13.3, Inflammation Score:-5, Nutrition Score:5.945652173913%

Flavonoids

Cyanidin: 2.37mg, Cyanidin: 2.37mg, Cyanidin: 2.37mg, Cyanidin: 2.37mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 11.39mg, Epicatechin: 11.39mg, Epicatechin: 11.39mg, Epicatechin: 11.39mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg

Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg,
Epigallocatechin 3-gallate: 0.29mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg
Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 6.06mg, Quercetin:
6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg

Nutrients (% of daily need)

Calories: 260.08kcal (13%), Fat: 9.66g (14.86%), Saturated Fat: 1.77g (11.07%), Carbohydrates: 43.81g (14.6%), Net
Carbohydrates: 39.22g (14.26%), Sugar: 31.99g (35.54%), Cholesterol: 0mg (0%), Sodium: 95.72mg (4.16%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.8%), Fiber: 4.59g (18.35%), Manganese: 0.32mg (16.14%),
Folate: 37.01µg (9.25%), Vitamin B3: 1.85mg (9.24%), Vitamin B1: 0.14mg (9.04%), Vitamin C: 7.01mg (8.5%),
Potassium: 246.08mg (7.03%), Vitamin A: 324.26IU (6.49%), Magnesium: 25.5mg (6.38%), Copper: 0.13mg (6.35%),
Phosphorus: 60.62mg (6.06%), Vitamin B2: 0.09mg (5.18%), Iron: 0.87mg (4.82%), Vitamin B6: 0.1mg (4.82%),
Selenium: 3.15µg (4.51%), Vitamin E: 0.48mg (3.23%), Vitamin K: 3.35µg (3.19%), Calcium: 29.91mg (2.99%), Vitamin
B5: 0.29mg (2.93%), Zinc: 0.28mg (1.89%)