



Caramel Apple Crisp

READY IN



50 min.

SERVINGS



6

CALORIES



326 kcal

DESSERT

Ingredients

- 4 cups baking apples are apples that have a sweet-tart balance and hold their shape when peeled sliced
- 0.5 cup mrs richardson's butterscotch caramel sauce
- 0.8 cup brown sugar packed
- 0.5 cup panko bread crumbs plain
- 0.5 cup rolled oats
- 0.3 cup butter softened
- 0.8 teaspoon ground cinnamon
- 0.8 teaspoon nutmeg

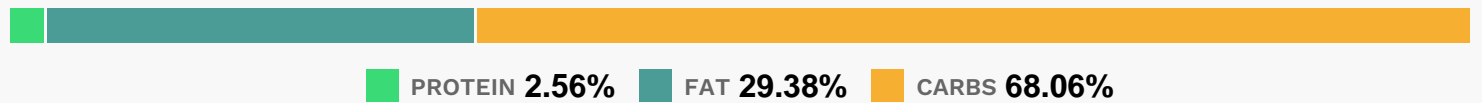
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 375°F. Spray bottom and sides of 8-inch square pan with cooking spray. In large bowl, toss apples and caramel-butterscotch topping.
- Spread apples in pan. In medium bowl, stir remaining ingredients until well mixed; sprinkle over apples.
- Bake about 35 to 45 minutes or until topping is golden brown and apples are tender when pierced with a fork.
- Serve warm with ice cream.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:4.65, Inflammation Score:-4, Nutrition Score:4.9182608386745%

Flavonoids

Cyanidin: 1.31mg, Cyanidin: 1.31mg, Cyanidin: 1.31mg, Cyanidin: 1.31mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 6.28mg, Epicatechin: 6.28mg, Epicatechin: 6.28mg, Epicatechin: 6.28mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 326.48kcal (16.32%), Fat: 11.09g (17.07%), Saturated Fat: 2.33g (14.56%), Carbohydrates: 57.82g (19.27%), Net Carbohydrates: 54.73g (19.9%), Sugar: 46.53g (51.7%), Cholesterol: 0mg (0%), Sodium: 228.75mg (9.95%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.35%), Manganese: 0.4mg (19.92%), Fiber: 3.09g (12.37%), Vitamin A: 514.04IU (10.28%), Vitamin B1: 0.1mg (6.39%), Phosphorus: 57.16mg (5.72%), Calcium: 56.47mg (5.65%), Selenium: 3.8µg (5.43%), Potassium: 179.68mg (5.13%), Magnesium: 20.04mg (5.01%), Vitamin C: 3.97mg (4.81%), Iron: 0.85mg (4.74%), Vitamin E: 0.59mg (3.92%), Copper: 0.08mg (3.9%), Vitamin B2: 0.06mg (3.36%), Vitamin B6: 0.06mg (3.01%), Folate: 10.99µg (2.75%), Vitamin B3: 0.52mg (2.61%), Zinc: 0.37mg (2.47%), Vitamin B5: 0.23mg (2.32%), Vitamin K: 2.38µg (2.26%), Vitamin B12: 0.06µg (1.07%)