



## Caramel-Apple Crisp

READY IN



80 min.

SERVINGS



6

CALORIES



439 kcal

DESSERT

### Ingredients

- 2.8 lb apples peeled cut into 1/2-inch slices ( 6 cups)
- 0.5 cup brown sugar packed
- 0.5 cup butter cold cut into small pieces
- 0.5 cup mrs richardson's butterscotch caramel sauce
- 0.7 cup flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.7 cup oats

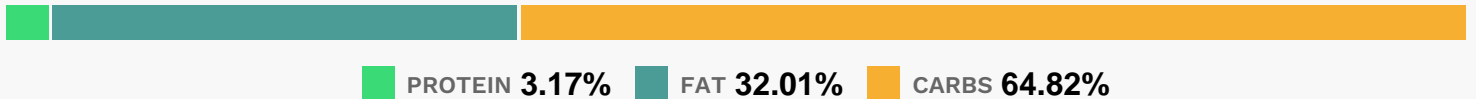
### Equipment

- bowl
- oven
- blender
- baking pan
- glass baking pan

## Directions

- Heat oven to 375F.
- In large bowl, stir together caramel topping and the cinnamon until blended.
- Add apples; toss until evenly coated.
- Spread in ungreased 8-inch square (2-quart) glass baking dish.
- In same bowl, mix 2/3 cup flour and the brown sugar.
- Cut in butter, using pastry blender (or pulling 2 table knives through mixture in opposite directions), until mixture looks like coarse crumbs. Stir in oats. Crumble mixture over apples in baking dish.
- Bake 45 to 50 minutes or until apples are tender and topping is golden brown. If desired, serve with whipped cream and additional caramel topping.

## Nutrition Facts



## Properties

Glycemic Index:29.5, Glycemic Load:18.7, Inflammation Score:-7, Nutrition Score:8.8143478631973%

## Flavonoids

Cyanidin: 3.26mg, Cyanidin: 3.26mg, Cyanidin: 3.26mg, Cyanidin: 3.26mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg Epicatechin: 15.65mg, Epicatechin: 15.65mg, Epicatechin: 15.65mg, Epicatechin: 15.65mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 8.34mg,

Quercetin: 8.34mg, Quercetin: 8.34mg, Quercetin: 8.34mg

## Nutrients (% of daily need)

Calories: 438.85kcal (21.94%), Fat: 16.34g (25.14%), Saturated Fat: 3.34g (20.87%), Carbohydrates: 74.46g (24.82%), Net Carbohydrates: 68.16g (24.78%), Sugar: 50.31g (55.9%), Cholesterol: 0mg (0%), Sodium: 250.38mg (10.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.27%), Manganese: 0.61mg (30.26%), Fiber: 6.3g (25.2%), Vitamin A: 806.35IU (16.13%), Vitamin B1: 0.19mg (13%), Selenium: 8.24µg (11.77%), Vitamin C: 9.7mg (11.76%), Magnesium: 41.03mg (10.26%), Phosphorus: 91.67mg (9.17%), Potassium: 315.04mg (9%), Folate: 35.3µg (8.82%), Vitamin B2: 0.14mg (8.27%), Iron: 1.46mg (8.09%), Vitamin E: 1.05mg (6.97%), Copper: 0.12mg (5.93%), Vitamin B3: 1.11mg (5.55%), Vitamin B6: 0.11mg (5.49%), Calcium: 50.58mg (5.06%), Vitamin K: 4.96µg (4.72%), Vitamin B5: 0.32mg (3.22%), Zinc: 0.48mg (3.18%)