



Caramel Apple Crisp

 Vegetarian

READY IN



180 min.

SERVINGS



8

CALORIES



314 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon almond extract pure
- ☐ 0.5 cup almonds sliced
- ☐ 0.3 cup apple juice unsweetened
- ☐ 1 cup flour all-purpose
- ☐ 1 pinch salt
- ☐ 0.7 cup sugar
- ☐ 3 tablespoons butter unsalted cold cut into small pieces
- ☐ 0.5 teaspoon vanilla extract pure

- ☐ 4 pounds apples 1-inch-thick cored peeled cut into slices (7 large)

Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ wooden spoon

Directions

- ☐ Preheat oven to 375°F with rack in middle. Butter baking dish
- ☐ Pulse together flour, sugar, butter, salt, and extracts in a food processor until some large clumps form.
- ☐ Set aside 1/4 cup for filling and transfer remaining topping to a bowl. Stir in almonds.
- ☐ Cook sugar in a dry 2-quart heavy saucepan over moderate heat, undisturbed, until it begins to melt. Continue to cook, stirring occasionally with a wooden spoon, until sugar is melted into a deep-golden caramel.
- ☐ Remove from heat and carefully add apple juice, butter, and salt (caramel will harden and steam vigorously). Cook over moderately low heat, stirring, until caramel is dissolved.
- ☐ Put apples in a large bowl and toss with reserved topping mixture and caramel, then spread in baking dish. (Dish will be very full.)
- ☐ Scatter clumps of topping over apples, squeezing small handfuls of topping into clumps when necessary.
- ☐ Bake until apples are tender and top is golden and crisp, about 1 hour. Cool to warm or room temperature.
- ☐ •Topping can be made 2 days ahead and kept chilled, covered. •Crisp is best eaten the day it is made, but any leftovers can be chilled, covered. The topping will get soggy, but you can rewarm the crisp in a 350°F oven.

Nutrition Facts



Properties

Glycemic Index:28.48, Glycemic Load:28.94, Inflammation Score:-5, Nutrition Score:7.8121738394965%

Flavonoids

Cyanidin: 3.7mg, Cyanidin: 3.7mg, Cyanidin: 3.7mg, Cyanidin: 3.7mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.12mg, Catechin: 3.12mg, Catechin: 3.12mg, Catechin: 3.12mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 17.48mg, Epicatechin: 17.48mg, Epicatechin: 17.48mg, Epicatechin: 17.48mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 9.16mg, Quercetin: 9.16mg, Quercetin: 9.16mg, Quercetin: 9.16mg

Nutrients (% of daily need)

Calories: 314.38kcal (15.72%), Fat: 7.73g (11.89%), Saturated Fat: 3g (18.78%), Carbohydrates: 61.98g (20.66%), Net Carbohydrates: 55.38g (20.14%), Sugar: 41.3g (45.89%), Cholesterol: 11.29mg (3.76%), Sodium: 8.56mg (0.37%), Alcohol: 0.11g (100%), Alcohol %: 0.05% (100%), Protein: 3.48g (6.95%), Fiber: 6.6g (26.4%), Manganese: 0.32mg (16.23%), Vitamin E: 2.01mg (13.41%), Vitamin C: 10.5mg (12.73%), Vitamin B2: 0.21mg (12.25%), Vitamin B1: 0.17mg (11.66%), Folate: 38.09µg (9.52%), Potassium: 311.42mg (8.9%), Selenium: 5.69µg (8.13%), Magnesium: 30.83mg (7.71%), Copper: 0.15mg (7.31%), Phosphorus: 71.3mg (7.13%), Iron: 1.23mg (6.83%), Vitamin B3: 1.35mg (6.73%), Vitamin B6: 0.11mg (5.47%), Vitamin K: 5.4µg (5.15%), Vitamin A: 253.8IU (5.08%), Calcium: 33.5mg (3.35%), Zinc: 0.39mg (2.59%), Vitamin B5: 0.24mg (2.43%)