

Caramel Apple Crisp

 Vegetarian

READY IN



35 min.

SERVINGS



8

CALORIES



394 kcal

DESSERT

Ingredients

- 0.8 cup brown sugar packed
- 6 tablespoons butter cubed
- 28 individually wrapped caramels
- 0.5 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 1 tablespoon juice of lemon
- 0.8 cup oats
- 6 cups baking apples are apples that have a sweet-tart balance and hold their shape when peeled sliced

2 tablespoons water

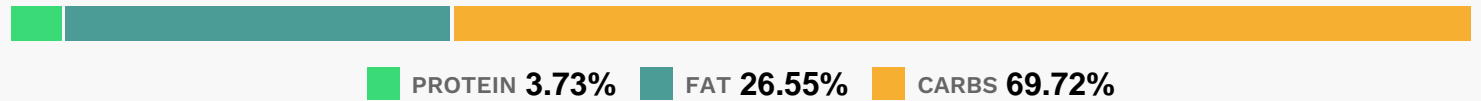
Equipment

microwave

Directions

- Place apples in a 2-qt. microwave-safe dish.
- Sprinkle with lemon juice; toss to coat and set aside.
- Place caramels and water in another microwave-safe dish. Cover and microwave on high for 1-1/2 to 2 minutes or until heated; stir until blended.
- Pour over apples.
- Place butter in a microwave-safe dish; cover and heat on high for 30-45 seconds or until melted. Stir in brown sugar, oats, flour and cinnamon until crumbly.
- Sprinkle over caramel mixture. Microwave, uncovered, on high for 7-8 minutes until apples are tender, turning a half turn once.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:28.16, Inflammation Score:-4, Nutrition Score:6.6334783408953%

Flavonoids

Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 393.78kcal (19.69%), Fat: 12.12g (18.64%), Saturated Fat: 6.39g (39.93%), Carbohydrates: 71.6g (23.87%), Net Carbohydrates: 68.29g (24.83%), Sugar: 52.87g (58.74%), Cholesterol: 25.02mg (8.34%), Sodium: 160.59mg (6.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.67%), Manganese: 0.47mg (23.69%), Fiber: 3.31g (13.26%), Vitamin B1: 0.16mg (10.36%), Vitamin B2: 0.17mg (9.74%), Phosphorus: 97.12mg (9.71%), Selenium: 6.22µg (8.89%), Magnesium: 35.25mg (8.81%), Calcium: 81.04mg (8.1%), Potassium: 243.74mg (6.96%), Vitamin A: 328.57IU (6.57%), Vitamin C: 5.19mg (6.29%), Iron: 1.05mg (5.82%), Folate: 21.85µg (5.46%), Vitamin E: 0.64mg (4.27%), Copper: 0.08mg (4.12%), Vitamin B5: 0.4mg (4.05%), Vitamin B6: 0.08mg (3.96%), Vitamin K: 3.77µg (3.59%), Vitamin B3: 0.69mg (3.46%), Zinc: 0.51mg (3.41%), Vitamin B12: 0.12µg (2.05%)