



Caramel Apple Crisp Tarts

READY IN



50 min.

SERVINGS



8

CALORIES



386 kcal

DESSERT

Ingredients

- ☐ 1.5 cups apples chopped
- ☐ 0.5 cup brown sugar packed
- ☐ 3 tablespoons butter melted
- ☐ 0.5 cup mrs richardson's butterscotch caramel sauce warmed
- ☐ 3 tablespoons flour all-purpose gold medal®
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup pecans chopped
- ☐ 0.3 cup oats
- ☐ 16 oz regular crescent rolls refrigerated pillsbury® canned

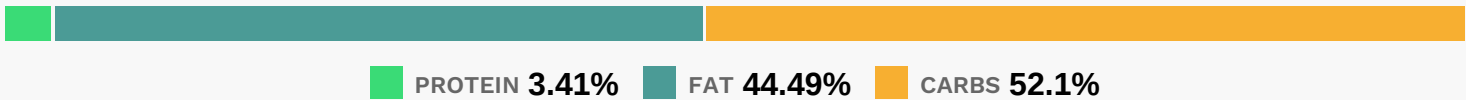
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven

Directions

- ☐ Heat oven to 375°F. Line two 15x10x1-inch pans with cooking parchment paper. In small bowl, mix Cinnamon Filling ingredients; set aside.
- ☐ On work surface, unroll 1 can of dough into 1 large rectangle; press into 13x7-inch rectangle, firmly pressing perforations to seal.
- ☐ Spread filling over rectangle.
- ☐ Unroll second can of dough; press into 13x7-inch rectangle, firmly pressing perforations to seal.
- ☐ Place over filling; press dough onto filling.
- ☐ Cut dough lengthwise into 8 (13-inch) strips. Twist each strip 5 or 6 times, pressing loose filling into dough. Shape each into a coil; place on pan about 2 inches apart.
- ☐ In medium bowl, mix Crisp Topping ingredients until crumbly; set aside.
- ☐ Bake first pan of dough about 9 minutes or until set.
- ☐ Place chopped apples over center of each tart, using up half of apples. Spoon half of crisp topping evenly over apples, pressing slightly. Repeat with second pan of dough, remaining apples and crisp topping.
- ☐ Bake each pan 10 to 12 minutes longer or until deep golden brown.
- ☐ Drizzle caramel sauce over warm tarts; serve warm. Cover and refrigerate any remaining tarts.

Nutrition Facts



Properties

Glycemic Index:29.63, Glycemic Load:3.72, Inflammation Score:-2, Nutrition Score:3.5226086922314%

Flavonoids

Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 385.81kcal (19.29%), Fat: 20.02g (30.8%), Saturated Fat: 8.13g (50.82%), Carbohydrates: 52.74g (17.58%), Net Carbohydrates: 51.21g (18.62%), Sugar: 29.74g (33.05%), Cholesterol: 11.29mg (3.76%), Sodium: 531.28mg (23.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.91%), Manganese: 0.44mg (21.83%), Iron: 1.26mg (7.02%), Fiber: 1.52g (6.1%), Vitamin B1: 0.07mg (4.97%), Magnesium: 18.61mg (4.65%), Copper: 0.08mg (4.23%), Phosphorus: 41.15mg (4.11%), Selenium: 2.68µg (3.83%), Vitamin A: 159.85IU (3.2%), Calcium: 28.69mg (2.87%), Potassium: 88.75mg (2.54%), Zinc: 0.36mg (2.38%), Folate: 8.52µg (2.13%), Vitamin B2: 0.03mg (1.87%), Vitamin E: 0.27mg (1.77%), Vitamin B6: 0.03mg (1.5%), Vitamin C: 1.21mg (1.46%), Vitamin B3: 0.29mg (1.44%), Vitamin B5: 0.14mg (1.37%), Vitamin K: 1.24µg (1.18%)