



Caramel-Apple Crumble

READY IN



45 min.

SERVINGS



12

CALORIES



573 kcal

DESSERT

Ingredients

- 56 ounce fried apples
- 15 caramels chopped
- 0.5 cup butter cold
- 0.5 cup walnuts chopped
- 12 servings additional walnuts chopped
- 18.3 ounce cake mix without pudding yellow

Equipment

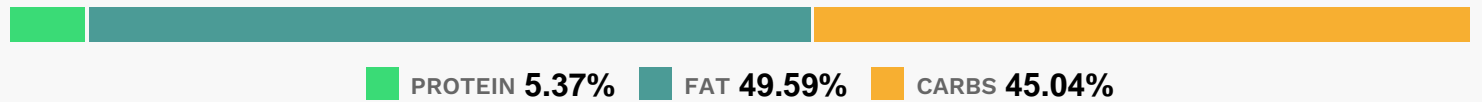
- oven

- blender
- baking pan

Directions

- Spoon apples into a lightly greased 13" x 9" x 2" baking dish; sprinkle caramels over apples.
- Cut butter into cake mix with a pastry blender until mixture is crumbly; stir in 1/2 cup walnuts.
- Sprinkle crumb topping over apple mixture.
- Bake, uncovered, at 350 for 50 minutes to 1 hour or until crumb topping is golden.
- Serve with vanilla ice cream and caramel syrup, if desired.
- Sprinkle each serving with additional walnuts.
- Note: For caramels, we used Kraft. For cake mix, we used Duncan Hines.
- Note: It's easy to snip caramels with kitchen shears.

Nutrition Facts



Properties

Glycemic Index:11.42, Glycemic Load:11.57, Inflammation Score:-6, Nutrition Score:14.149565292441%

Flavonoids

Cyanidin: 3.02mg, Cyanidin: 3.02mg, Cyanidin: 3.02mg, Cyanidin: 3.02mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 9.96mg, Epicatechin: 9.96mg, Epicatechin: 9.96mg, Epicatechin: 9.96mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg

Nutrients (% of daily need)

Calories: 573.02kcal (28.65%), Fat: 33.18g (51.05%), Saturated Fat: 4.91g (30.66%), Carbohydrates: 67.81g (22.6%), Net Carbohydrates: 61.83g (22.48%), Sugar: 41g (45.55%), Cholesterol: 0.88mg (0.29%), Sodium: 420.62mg (18.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.08g (16.16%), Manganese: 1.33mg (66.33%), Copper:

0.63mg (31.37%), Phosphorus: 296.94mg (29.69%), Fiber: 5.99g (23.94%), Folate: 68.92µg (17.23%), Magnesium: 68.87mg (17.22%), Vitamin B1: 0.25mg (16.59%), Calcium: 156.62mg (15.66%), Vitamin B6: 0.26mg (13.07%), Vitamin B2: 0.22mg (12.69%), Iron: 2.03mg (11.29%), Potassium: 352.81mg (10.08%), Zinc: 1.38mg (9.23%), Vitamin A: 421.99IU (8.44%), Selenium: 5.64µg (8.06%), Vitamin E: 1.21mg (8.05%), Vitamin C: 6.61mg (8.01%), Vitamin B3: 1.56mg (7.8%), Vitamin K: 5.24µg (4.99%), Vitamin B5: 0.49mg (4.92%)