



## Caramel Apple Dessert

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



227 kcal

DESSERT

### Ingredients

- 0.7 cup granulated sugar
- 0.5 cup milk
- 2 cups apples peeled sliced
- 1 tablespoon juice of lemon
- 0.8 cup brown sugar packed
- 0.5 teaspoon ground cinnamon
- 1 cup water boiling
- 1 serving garnish: whipped cream sweetened

1.5 cups frangelico

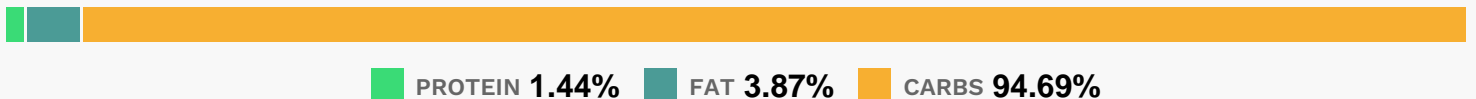
## Equipment

- bowl
- frying pan
- oven
- toothpicks

## Directions

- Heat oven to 350°F.
- Mix Bisquick and granulated sugar in medium bowl. Stir in milk until blended.
- Pour into ungreased square pan, 9x9x2 inches. Top with apples; sprinkle with lemon juice.
- Mix brown sugar and cinnamon; sprinkle over apples.
- Pour boiling water over apples.
- Bake 50 to 60 minutes or until toothpick inserted in center comes out clean.
- Serve warm with whipped cream.

## Nutrition Facts



## Properties

Glycemic Index:33.35, Glycemic Load:17.47, Inflammation Score:-1, Nutrition Score:1.9373913109303%

## Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

## Nutrients (% of daily need)

Calories: 227.45kcal (11.37%), Fat: 1.02g (1.57%), Saturated Fat: 0.53g (3.31%), Carbohydrates: 56.24g (18.75%), Net Carbohydrates: 55.15g (20.05%), Sugar: 54.31g (60.35%), Cholesterol: 3.2mg (1.07%), Sodium: 18.16mg (0.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.71%), Calcium: 54.57mg (5.46%), Fiber: 1.1g (4.38%), Vitamin C: 2.89mg (3.5%), Potassium: 116.87mg (3.34%), Manganese: 0.06mg (3.17%), Phosphorus: 27.42mg (2.74%), Vitamin B2: 0.04mg (2.6%), Vitamin B6: 0.04mg (2.13%), Magnesium: 7.75mg (1.94%), Vitamin B12: 0.11µg (1.88%), Copper: 0.03mg (1.67%), Iron: 0.27mg (1.52%), Vitamin D: 0.23µg (1.52%), Vitamin B5: 0.14mg (1.44%), Vitamin B1: 0.02mg (1.3%), Vitamin A: 62.93IU (1.26%), Selenium: 0.87µg (1.24%)