



## Caramel Apple Oatmeal Crisp

READY IN



70 min.

SERVINGS



12

CALORIES



322 kcal

DESSERT

### Ingredients

- 17.5 oz basic cookie mix
- 0.5 cup butter melted
- 6 cups apples peeled coarsely chopped
- 1 cup mrs richardson's butterscotch caramel sauce
- 2 teaspoons ground cinnamon

### Equipment

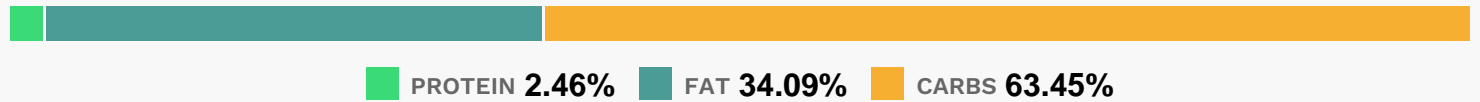
- bowl
- oven

- baking pan
- microwave
- glass baking pan

## Directions

- Heat oven to 350°F. Spray bottom and sides of 13x9-inch (3-quart) glass baking dish with cooking spray.
- In large bowl, stir cookie mix and melted butter until crumbly; set aside.
- In another large bowl, toss apples, 1/2 cup of the caramel topping and the cinnamon. Spoon into baking dish; sprinkle with cookie mixture.
- Bake 35 to 40 minutes or until topping is golden brown and apples are tender. In small microwavable dish, microwave remaining 1/2 cup caramel topping uncovered on High 20 seconds.
- Drizzle over crisp.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:3.08, Glycemic Load:2.28, Inflammation Score:-3, Nutrition Score:2.1543478246616%

## Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

## Nutrients (% of daily need)

Calories: 321.85kcal (16.09%), Fat: 12.22g (18.8%), Saturated Fat: 2.21g (13.84%), Carbohydrates: 51.17g (17.06%), Net Carbohydrates: 48.44g (17.62%), Sugar: 36.71g (40.79%), Cholesterol: 0mg (0%), Sodium: 197.48mg (8.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.97%), Fiber: 2.73g (10.91%), Vitamin A: 390.01IU (7.8%), Manganese: 0.09mg (4.48%), Vitamin C: 3mg (3.64%), Potassium: 103.32mg (2.95%), Vitamin E: 0.42mg (2.82%), Calcium: 19.16mg (1.92%), Vitamin B2: 0.03mg (1.85%), Phosphorus: 16.61mg (1.66%), Vitamin B1: 0.02mg (1.55%), Vitamin K: 1.48µg (1.41%), Iron: 0.25mg (1.4%), Vitamin B6: 0.03mg (1.35%), Magnesium: 4.55mg (1.14%), Vitamin B3: 0.22mg (1.12%)