



Caramel-Apple Shortcakes

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



167 kcal

DESSERT

Ingredients

- 0.5 cup apple juice
- 3 tablespoons brown sugar
- 1 tablespoon butter
- 12 servings mrs richardson's butterscotch caramel sauce
- 1 recipe cinnamon-crunch shortcakes
- 5 gala apples peeled sliced
- 0.3 teaspoon ground cinnamon
- 12 servings whipped cream

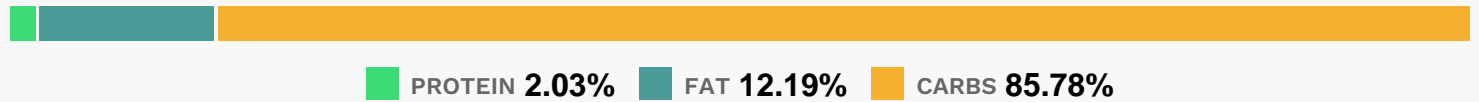
Equipment

frying pan

Directions

- Melt butter in a large skillet over medium-high heat; add apples, tossing to coat. Stir in apple juice, brown sugar, and cinnamon. Bring to a boil; reduce heat to low, and simmer 10 to 15 minutes or until apples are tender.
- Pour 1/2 cup Caramel Sauce over apples, tossing to coat. Split Cinnamon-Crunch Shortcakes in half.
- Layer half of biscuit halves with apple mixture and whipped cream. Top with remaining biscuit halves.
- Drizzle with remaining Caramel Sauce.

Nutrition Facts



Properties

Glycemic Index:15.65, Glycemic Load:3.65, Inflammation Score:-2, Nutrition Score:2.1547825751097%

Flavonoids

Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 6.2mg, Epicatechin: 6.2mg, Epicatechin: 6.2mg, Epicatechin: 6.2mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 166.6kcal (8.33%), Fat: 2.43g (3.73%), Saturated Fat: 1.45g (9.09%), Carbohydrates: 38.39g (12.8%), Net Carbohydrates: 36.38g (13.23%), Sugar: 35.08g (38.98%), Cholesterol: 7.07mg (2.36%), Sodium: 146.43mg (6.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.82%), Fiber: 2.02g (8.07%), Manganese: 0.11mg (5.72%), Vitamin C: 3.79mg (4.6%), Potassium: 132.51mg (3.79%), Calcium: 37.15mg (3.71%), Phosphorus: 30.62mg (3.06%), Vitamin A: 148.29IU (2.97%), Magnesium: 7.46mg (1.87%), Vitamin K: 1.97µg (1.87%), Vitamin B6: 0.04mg (1.86%),

Vitamin E: 0.23mg (1.54%), Vitamin B2: 0.03mg (1.52%), Vitamin B12: 0.09µg (1.52%), Vitamin B5: 0.14mg (1.39%),
Copper: 0.02mg (1.24%), Vitamin B1: 0.02mg (1.16%)