



Caramel-Butterscotch Apple Crisp (White Whole Wheat Flour)

READY IN



60 min.

SERVINGS



6

CALORIES



387 kcal

DESSERT

Ingredients

- 6 cups baking apples are apples that have a sweet-tart balance and hold their shape when peeled thinly sliced (Granny Smith, Rome)
- 0.5 cup mrs richardson's butterscotch caramel sauce
- 0.7 cup brown sugar packed
- 0.5 cup flour whole wheat white
- 0.5 cup rolled oats
- 1.5 teaspoons ground cinnamon
- 0.3 cup butter cold cut into 6 pieces

- 1 serving whipped cream
- 1 serving mrs richardson's butterscotch caramel sauce

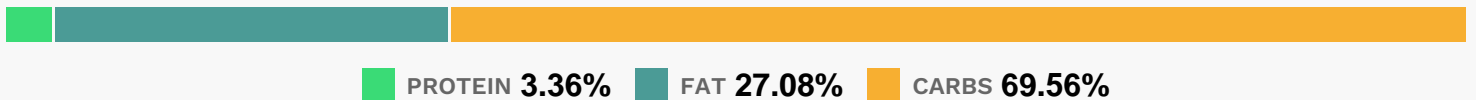
Equipment

- bowl
- frying pan
- oven
- blender

Directions

- Heat oven to 375°F. Spray bottom and sides of 9-inch square pan with cooking spray.
- In large bowl, place apples.
- Drizzle with 1/2 cup topping; toss to coat.
- Spread apple mixture in pan. In medium bowl, mix brown sugar, flour, oats and cinnamon.
- Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture is crumbly.
- Sprinkle evenly over apples.
- Bake 35 to 40 minutes or until topping is golden brown and apples are tender when pierced with fork.
- Serve warm with cream and drizzled with additional topping.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:7.66, Inflammation Score:-5, Nutrition Score:5.5965217935002%

Flavonoids

Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg

Epicatechin: 9.41mg, Epicatechin: 9.41mg, Epicatechin: 9.41mg, Epicatechin: 9.41mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg

Nutrients (% of daily need)

Calories: 386.56kcal (19.33%), Fat: 12.19g (18.75%), Saturated Fat: 2.96g (18.53%), Carbohydrates: 70.45g (23.48%), Net Carbohydrates: 65.43g (23.79%), Sugar: 53.66g (59.62%), Cholesterol: 4.84mg (1.61%), Sodium: 223.23mg (9.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.81%), Manganese: 0.41mg (20.28%), Fiber: 5.02g (20.1%), Vitamin A: 589.33IU (11.79%), Calcium: 73.34mg (7.33%), Vitamin C: 5.99mg (7.26%), Potassium: 247.89mg (7.08%), Phosphorus: 67.15mg (6.71%), Magnesium: 21.27mg (5.32%), Iron: 0.9mg (4.98%), Vitamin E: 0.7mg (4.68%), Vitamin B2: 0.07mg (4.37%), Selenium: 2.79µg (3.99%), Vitamin B1: 0.06mg (3.88%), Copper: 0.08mg (3.79%), Vitamin B6: 0.08mg (3.76%), Vitamin B5: 0.3mg (3.01%), Vitamin K: 3.07µg (2.93%), Zinc: 0.39mg (2.59%), Folate: 7.37µg (1.84%), Vitamin B12: 0.1µg (1.69%), Vitamin B3: 0.24mg (1.19%)