



Cardamom Apple Crisp with Caramel Cream

READY IN



105 min.

SERVINGS



6

CALORIES



431 kcal

DESSERT

Ingredients

- ☐ 4 cups baking apples are apples that have a sweet-tart balance and hold their shape when peeled sliced
- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup oats
- ☐ 0.5 teaspoon ground cardamom
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 cup butter cold
- ☐ 0.3 cup pecans chopped

- ☐ 1 cup cup heavy whipping cream
- ☐ 0.3 cup mrs richardson's butterscotch caramel sauce

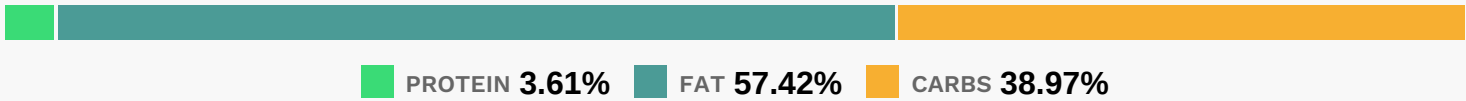
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Heat oven to 375°F. Grease bottom and sides of 8-inch square baking dish with shortening or cooking spray.
- ☐ In medium bowl, toss apples with 1/3 cup of the brown sugar.
- ☐ Spread apples in dish. In another bowl, stir remaining 2/3 cup brown sugar, the flour, oats, cardamom and cinnamon until well mixed.
- ☐ Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture looks like coarse crumbs. Stir in pecans.
- ☐ Sprinkle over apples.
- ☐ Bake 30 to 40 minutes or until topping is golden brown and apples are tender when pierced with fork. Cool 45 minutes before serving.
- ☐ In chilled large deep bowl, beat whipping cream and caramel topping with electric mixer on high speed until stiff peaks form.
- ☐ Serve caramel cream with warm crisp.
- ☐ Drizzle with additional caramel topping, if desired.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:11.4, Inflammation Score:-7, Nutrition Score:8.149565157683%

Flavonoids

Cyanidin: 1.8mg, Cyanidin: 1.8mg, Cyanidin: 1.8mg, Cyanidin: 1.8mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 6.31mg, Epicatechin: 6.31mg, Epicatechin: 6.31mg, Epicatechin: 6.31mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 430.75kcal (21.54%), Fat: 28.46g (43.79%), Saturated Fat: 11.63g (72.66%), Carbohydrates: 43.47g (14.49%), Net Carbohydrates: 40.02g (14.55%), Sugar: 27.35g (30.39%), Cholesterol: 44.82mg (14.94%), Sodium: 166.45mg (7.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.05%), Manganese: 0.67mg (33.46%), Vitamin A: 1090.46IU (21.81%), Fiber: 3.44g (13.77%), Vitamin B1: 0.17mg (11.46%), Selenium: 7.46µg (10.66%), Vitamin B2: 0.17mg (9.81%), Phosphorus: 94.36mg (9.44%), Magnesium: 35.35mg (8.84%), Vitamin E: 1.03mg (6.86%), Folate: 26.75µg (6.69%), Iron: 1.17mg (6.49%), Copper: 0.13mg (6.4%), Potassium: 210.8mg (6.02%), Calcium: 59.11mg (5.91%), Vitamin C: 4.23mg (5.13%), Zinc: 0.64mg (4.27%), Vitamin D: 0.63µg (4.23%), Vitamin B3: 0.84mg (4.22%), Vitamin B6: 0.08mg (3.78%), Vitamin K: 3.54µg (3.37%), Vitamin B5: 0.33mg (3.27%), Vitamin B12: 0.09µg (1.55%)