



## Cranberry-Apple Dessert

 Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



312 kcal

DESSERT

### Ingredients

- 0.3 cup butter
- 1 cup sugar
- 1.5 cups milk
- 1 cup roasted cranberry sauce whole (from 16-oz can)
- 1 cup apple sauce
- 1 cup cooking oil thinly sliced
- 1 serving garnish: whipped cream sweetened
- 2.5 cups frangelico

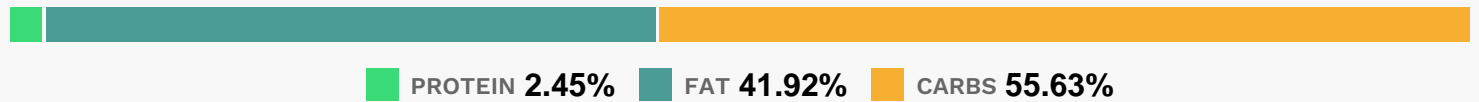
## Equipment

- bowl
- frying pan
- oven

## Directions

- Heat oven to 350°F. In 13x9-inch pan, melt butter in oven.
- In medium bowl, stir Bisquick mix, sugar and milk until smooth.
- Pour batter evenly over butter in pan. In small bowl, mix cranberry sauce and applesauce; spoon evenly over batter.
- Place apple slices on sauce mixture.
- Bake 50 to 60 minutes or until golden brown.
- Serve warm with whipped cream.

## Nutrition Facts



## Properties

Glycemic Index:20.39, Glycemic Load:18.32, Inflammation Score:-3, Nutrition Score:3.1365217009316%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

## Nutrients (% of daily need)

Calories: 311.6kcal (15.58%), Fat: 15.01g (23.09%), Saturated Fat: 2.95g (18.45%), Carbohydrates: 44.8g (14.93%), Net Carbohydrates: 44.08g (16.03%), Sugar: 41.2g (45.78%), Cholesterol: 6.06mg (2.02%), Sodium: 109.25mg (4.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.95%), Vitamin E: 1.68mg (11.17%), Vitamin A: 441.12IU (8.82%), Calcium: 62.39mg (6.24%), Phosphorus: 51.98mg (5.2%), Vitamin B2: 0.09mg (5.2%), Vitamin K:

4.79µg (4.56%), Vitamin B12: 0.26µg (4.31%), Vitamin D: 0.51µg (3.38%), Potassium: 106.57mg (3.04%), Fiber: 0.72g (2.88%), Vitamin B1: 0.04mg (2.67%), Vitamin B6: 0.04mg (2.11%), Vitamin B5: 0.19mg (1.93%), Magnesium: 7.47mg (1.87%), Selenium: 1.26µg (1.8%), Manganese: 0.03mg (1.57%), Zinc: 0.21mg (1.42%), Iron: 0.23mg (1.26%)