



## Cranberry-Apple Pie Squares

READY IN



160 min.

SERVINGS



12

CALORIES



454 kcal

DESSERT

### Ingredients

- 1.5 cups flour all-purpose
- 1 tablespoon sugar
- 0.3 teaspoon salt
- 0.5 cup butter
- 1 egg yolk
- 0.3 cup milk
- 8.5 cups apples peeled thinly sliced (3 lb.; 9 medium)
- 1 cup sugar
- 0.3 cup flour all-purpose

- 2 teaspoons cinnamon
- 0.5 teaspoon salt
- 1 cup cranberries fresh thawed chopped
- 1 cup flour all-purpose
- 0.5 cup brown sugar packed
- 0.5 cup butter softened
- 1 cup mrs richardson's butterscotch caramel sauce
- 1 serving whipped cream

## Equipment

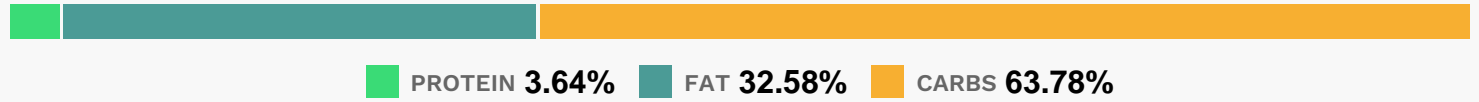
- bowl
- frying pan
- oven
- blender
- microwave

## Directions

- Heat oven to 375°F. In large bowl, combine 1 1/2 cups flour, sugar and 1/4 teaspoon salt; mix well. With pastry blender, cut in 1/2 cup butter until mixture resembles coarse crumbs.
- In small bowl, combine egg yolk and milk; beat well.
- Add to flour mixture; stir just until dry ingredients are moistened.
- On lightly floured surface, roll dough to form 15x11-inch rectangle.
- Place in ungreased 13x9-inch pan. Press in bottom and 1 inch up sides of pan.
- Place apples in large microwave-safe bowl. Microwave on HIGH for 6 to 8 minutes, stirring every 2 minutes, or until apples are fork-tender.
- Add 1 cup sugar, 1/4 cup flour, cinnamon and 1/2 teaspoon salt; mix well. Spoon apple mixture over crust.
- Sprinkle with cranberries.
- In medium bowl, combine 1 cup flour, brown sugar and 1/2 cup butter; mix until crumbly.

- Sprinkle over fruit.
- Bake at 375°F. for 45 to 60 minutes or until topping is deep golden brown, apples are tender and filling is bubbly. Cool 1 hour.
- To serve, cut warm dessert into squares; place on individual dessert plates. Top each with caramel topping and ice cream.

## Nutrition Facts



### Properties

Glycemic Index:45.52, Glycemic Load:32.56, Inflammation Score:-6, Nutrition Score:7.6921739681907%

### Flavonoids

Cyanidin: 5.26mg, Cyanidin: 5.26mg, Cyanidin: 5.26mg, Cyanidin: 5.26mg Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.11mg, Peonidin: 4.11mg, Peonidin: 4.11mg, Peonidin: 4.11mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 7.03mg, Epicatechin: 7.03mg, Epicatechin: 7.03mg, Epicatechin: 7.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg

### Nutrients (% of daily need)

Calories: 453.77kcal (22.69%), Fat: 16.9g (25.99%), Saturated Fat: 3.84g (24.01%), Carbohydrates: 74.43g (24.81%), Net Carbohydrates: 71.02g (25.82%), Sugar: 48.33g (53.7%), Cholesterol: 19.23mg (6.41%), Sodium: 399.4mg (17.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.5%), Vitamin B1: 0.25mg (16.71%), Manganese: 0.33mg (16.62%), Selenium: 11.23µg (16.04%), Vitamin A: 800.41IU (16.01%), Folate: 58.3µg (14.58%), Fiber: 3.41g (13.66%), Vitamin B2: 0.2mg (12.05%), Vitamin B3: 1.81mg (9.06%), Iron: 1.6mg (8.91%), Phosphorus: 70.63mg (7.06%), Vitamin C: 5.42mg (6.57%), Vitamin E: 0.95mg (6.32%), Potassium: 186.65mg (5.33%), Calcium: 51.62mg (5.16%), Copper: 0.08mg (3.95%), Magnesium: 15.22mg (3.81%), Vitamin B5: 0.36mg (3.59%), Vitamin B6: 0.07mg (3.53%), Vitamin K: 2.6µg (2.47%), Zinc: 0.35mg (2.32%), Vitamin B12: 0.13µg (2.18%)