



## Cranberry-Apple Pie Squares

READY IN



160 min.

SERVINGS



12

CALORIES



579 kcal

DESSERT

### Ingredients

- 8.5 cups apples peeled thinly sliced (3 lb.; 9 medium)
- 0.5 cup brown sugar packed
- 0.5 cup butter
- 0.5 cup butter softened
- 1 cup mrs richardson's butterscotch caramel sauce
- 2 teaspoons cinnamon
- 1 cup cranberries fresh thawed chopped
- 1 egg yolk
- 0.3 cup flour all-purpose

- 1 cup flour all-purpose
- 1.5 cups flour all-purpose
- 12 servings whipped cream
- 0.3 cup milk
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 1 cup sugar
- 1 tablespoon sugar

## Equipment

- bowl
- frying pan
- oven
- blender
- microwave

## Directions

- Heat oven to 375F. 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 375F. 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:41.01, Inflammation Score:-7, Nutrition Score:10.076087080914%

### 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: 579.01kcal (28.95%), Fat: 23.55g (36.23%), Saturated Fat: 7.95g (49.68%), Carbohydrates: 88.71g (29.57%), Net Carbohydrates: 84.87g (30.86%), Sugar: 61.15g (67.95%), Cholesterol: 45.85mg (15.28%), Sodium: 447.8mg (19.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.37g (12.73%), Vitamin A: 1055.12IU (21.1%), Vitamin B2: 0.35mg (20.59%), Vitamin B1: 0.28mg (18.36%), Selenium: 12.32µg (17.59%), Manganese: 0.34mg (16.86%), Fiber: 3.84g (15.35%), Folate: 61.33µg (15.33%), Phosphorus: 134.15mg (13.42%), Calcium: 129.06mg (12.91%), Vitamin B3: 1.88mg (9.41%), Iron: 1.66mg (9.21%), Potassium: 307.04mg (8.77%), Vitamin E: 1.13mg (7.53%), Vitamin B5: 0.71mg (7.1%), Vitamin C: 5.78mg (7.01%), Vitamin B12: 0.37µg (6.12%), Magnesium: 23.69mg (5.92%), Zinc: 0.77mg (5.1%), Vitamin B6: 0.1mg (4.98%), Copper: 0.09mg (4.65%), Vitamin K: 2.78µg (2.65%), Vitamin D: 0.27µg (1.79%)