



## Dark Chocolate Caramel Apple Crisp

READY IN



80 min.

SERVINGS



12

CALORIES



424 kcal

DESSERT

### Ingredients

- 8 large apples i use 2 granny smith apples cored peeled chopped
- 1 tablespoon flour
- 1 teaspoon ground cinnamon
- 12 individually wrapped caramels chopped
- 17.5 oz basic cookie mix
- 0.5 cup butter melted
- 0.5 cup pecans chopped
- 0.3 cup chocolate chips dark

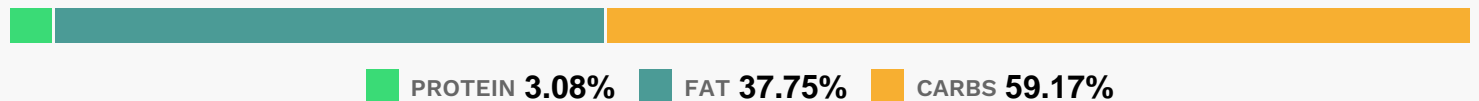
## Equipment

- bowl
- oven
- baking pan
- glass baking pan

## Directions

- Heat oven to 350°F. Spray a 9x13 inch glass baking dish with cooking spray.
- Place apples in baking dish and sprinkle with the flour and cinnamon.
- Mix well, making sure all the apples are coated.
- Sprinkle the chopped caramels evenly over the apples.
- In a large bowl, using fork, mix cookie mix and melted butter until crumbly.
- Mix in walnuts and the chocolate chips.
- Sprinkle over apple mixture.
- Bake uncovered 30 to 40 minutes or until top is golden brown and bubbling.

## Nutrition Facts



## Properties

Glycemic Index:19.75, Glycemic Load:10.8, Inflammation Score:-3, Nutrition Score:5.1234782415888%

## Flavonoids

Cyanidin: 2.82mg, Cyanidin: 2.82mg, Cyanidin: 2.82mg, Cyanidin: 2.82mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.26mg, Catechin: 2.26mg, Catechin: 2.26mg, Catechin: 2.26mg Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg Epicatechin: 11.23mg, Epicatechin: 11.23mg, Epicatechin: 11.23mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg

Kaempferol: 0.21mg Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg

## **Nutrients (% of daily need)**

Calories: 424.23kcal (21.21%), Fat: 18.08g (27.81%), Saturated Fat: 7.5g (46.87%), Carbohydrates: 63.74g (21.25%), Net Carbohydrates: 58.39g (21.23%), Sugar: 43.38g (48.2%), Cholesterol: 21.09mg (7.03%), Sodium: 135.59mg (5.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.64%), Fiber: 5.35g (21.4%), Manganese: 0.3mg (14.89%), Vitamin C: 6.96mg (8.44%), Potassium: 253.01mg (7.23%), Vitamin A: 324.38IU (6.49%), Vitamin B1: 0.09mg (5.84%), Vitamin B2: 0.1mg (5.71%), Copper: 0.11mg (5.35%), Phosphorus: 49.69mg (4.97%), Vitamin E: 0.68mg (4.53%), Calcium: 45.08mg (4.51%), Vitamin K: 4.71µg (4.49%), Magnesium: 16.86mg (4.21%), Vitamin B6: 0.08mg (4.17%), Zinc: 0.5mg (3.34%), Iron: 0.57mg (3.14%), Vitamin B5: 0.24mg (2.43%), Vitamin B3: 0.46mg (2.29%), Folate: 8.35µg (2.09%), Selenium: 0.92µg (1.32%)