



Deep Dish Apricot-Apple Betty

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



291 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 0.3 cup almonds finely chopped
- ☐ 4 cups apricots quartered (12 medium)
- ☐ 0.3 cup brown sugar packed
- ☐ 2 tablespoons butter
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons flour all-purpose
- ☐ 1.5 pounds fuji apple peeled thinly sliced

- ☐ 1 cup granulated sugar
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 teaspoon salt

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare the filling, combine first 9 ingredients in a medium bowl. Spoon the apple mixture into an 8-inch square baking dish.
- ☐ To prepare the topping, melt the butter in a small saucepan over medium heat. Lightly spoon 1/3 cup flour into a dry measuring cup; level with a knife.
- ☐ Add flour and remaining ingredients to butter; stir well.
- ☐ Sprinkle evenly over apple mixture.
- ☐ Bake at 350 for 45 minutes or until bubbly and golden brown.

Nutrition Facts



Properties

Glycemic Index:46.72, Glycemic Load:27.46, Inflammation Score:-8, Nutrition Score:7.8113042521088%

Flavonoids

Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 4.01mg, Catechin: 4.01mg, Catechin: 4.01mg, Catechin: 4.01mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 10.1mg, Epicatechin: 10.1mg, Epicatechin: 10.1mg, Epicatechin: 10.1mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg

Nutrients (% of daily need)

Calories: 291.19kcal (14.56%), Fat: 5.68g (8.74%), Saturated Fat: 2.03g (12.68%), Carbohydrates: 61.01g (20.34%), Net Carbohydrates: 56.53g (20.56%), Sugar: 50.15g (55.72%), Cholesterol: 7.53mg (2.51%), Sodium: 99.96mg (4.35%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 3.05g (6.1%), Vitamin A: 1627.43IU (32.55%), Fiber: 4.47g (17.89%), Vitamin C: 12.44mg (15.08%), Manganese: 0.28mg (14.21%), Vitamin E: 2.08mg (13.86%), Potassium: 350.02mg (10%), Vitamin B2: 0.15mg (8.57%), Copper: 0.15mg (7.38%), Vitamin B1: 0.1mg (6.89%), Magnesium: 26.95mg (6.74%), Folate: 25.08µg (6.27%), Phosphorus: 57.96mg (5.8%), Vitamin B3: 1.14mg (5.71%), Iron: 1mg (5.58%), Vitamin B6: 0.09mg (4.57%), Vitamin K: 4.75µg (4.53%), Selenium: 2.97µg (4.24%), Calcium: 39.85mg (3.98%), Vitamin B5: 0.31mg (3.09%), Zinc: 0.39mg (2.62%)