



Dutch Apple Dessert

READY IN



45 min.

SERVINGS



8

CALORIES



548 kcal

DESSERT

Ingredients

- 5 medium all purpose apples cored sliced
- 1.5 cups biscuit baking mix divided
- 0.5 cup firmly brown sugar packed
- 0.5 cup butter cold
- 2 tablespoons butter cold
- 14 ounce eagle brand® condensed milk sweetened canned
- 1 teaspoon ground cinnamon
- 0.5 cup nuts chopped

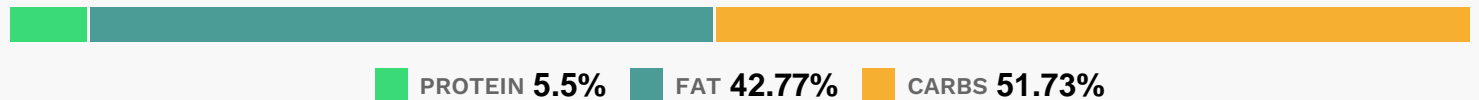
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 325 degrees F. In medium bowl, combine apples, sweetened condensed milk and cinnamon.
- In large bowl, cut 1/2 cup butter into 1 cup biscuit mix until crumbly. Stir in apple mixture.
- Pour into greased 9-inch square baking pan.
- In small bowl, combine remaining 1/2 cup biscuit mix and brown sugar; cut in remaining 2-tablespoon butter until crumbly.
- Add nuts.
- Sprinkle evenly over apple mixture.
- Bake 1 hour or until golden.
- Serve warm with ice cream if desired. Store leftovers covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:15.96, Glycemic Load:21.05, Inflammation Score:-7, Nutrition Score:11.125217466251%

Flavonoids

Cyanidin: 1.79mg, Cyanidin: 1.79mg, Cyanidin: 1.79mg, Cyanidin: 1.79mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 8.57mg, Epicatechin: 8.57mg, Epicatechin: 8.57mg, Epicatechin: 8.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg,

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg

Nutrients (% of daily need)

Calories: 548.2kcal (27.41%), Fat: 26.85g (41.3%), Saturated Fat: 7.22g (45.15%), Carbohydrates: 73.06g (24.35%), Net Carbohydrates: 68.91g (25.06%), Sugar: 54.78g (60.87%), Cholesterol: 17.32mg (5.77%), Sodium: 522.99mg (22.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.76g (15.53%), Phosphorus: 313.58mg (31.36%), Calcium: 213.52mg (21.35%), Vitamin B2: 0.36mg (21.11%), Manganese: 0.35mg (17.3%), Vitamin A: 829.56IU (16.59%), Fiber: 4.15g (16.58%), Vitamin B1: 0.21mg (14.21%), Selenium: 9.2µg (13.15%), Potassium: 422.97mg (12.08%), Magnesium: 46.38mg (11.59%), Folate: 41.82µg (10.46%), Copper: 0.2mg (9.76%), Vitamin B3: 1.68mg (8.38%), Vitamin C: 6.67mg (8.09%), Vitamin B5: 0.78mg (7.83%), Iron: 1.31mg (7.25%), Zinc: 1mg (6.65%), Vitamin B6: 0.12mg (6.17%), Vitamin E: 0.87mg (5.78%), Vitamin B12: 0.32µg (5.4%), Vitamin K: 4.34µg (4.13%)