



Easy Apple-Cranberry Dessert Squares

 Gluten Free

READY IN



105 min.

SERVINGS



32

CALORIES



291 kcal

DESSERT

Ingredients

- ☐ 1.5 cups oats
- ☐ 1 cup brown sugar packed
- ☐ 1 cup butter cold
- ☐ 0.5 cup pecans chopped
- ☐ 8 cups apples peeled thinly sliced (5 large)
- ☐ 6 oz cranberries dried sweetened
- ☐ 0.5 cup granulated sugar
- ☐ 1 tablespoon ground cinnamon

- ☐ 8 oz cream sour
- ☐ 3 eggs
- ☐ 0.5 gallon whipped cream
- ☐ 2.5 cups frangelico

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender

Directions

- ☐ Heat oven to 375°F. Spray 15x10-inch pan with cooking spray.
- ☐ In large bowl, mix Bisquick mix, oats and brown sugar.
- ☐ Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture is crumbly.
- ☐ Remove 1 1/2 cups crumb mixture to small bowl; stir in pecans. Set aside for topping. Pat remaining crumb mixture into bottom of pan.
- ☐ In large bowl, toss apples, cranberries, granulated sugar and cinnamon. In small bowl, whisk together sour cream and eggs.
- ☐ Pour over apple mixture; toss to coat. Spoon filling over crust; sprinkle reserved crumb/nut mixture over filling.
- ☐ Bake 45 to 55 minutes or until topping is golden brown and apples are tender. Cool 30 minutes.
- ☐ Cut into 8 rows by 4 rows.
- ☐ Serve warm with ice cream.

Nutrition Facts



 **PROTEIN 4.84%**  **FAT 46.99%**  **CARBS 48.17%**

Properties

Glycemic Index:7.6, Glycemic Load:13.05, Inflammation Score:-4, Nutrition Score:5.5191304269044%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 2.37mg, Epicatechin: 2.37mg, Epicatechin: 2.37mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 290.63kcal (14.53%), Fat: 15.6g (23.99%), Saturated Fat: 6.21g (38.8%), Carbohydrates: 35.98g (11.99%), Net Carbohydrates: 33.88g (12.32%), Sugar: 29.82g (33.13%), Cholesterol: 45.55mg (15.18%), Sodium: 124.94mg (5.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.22%), Manganese: 0.32mg (16%), Vitamin A: 587.75IU (11.75%), Vitamin B2: 0.19mg (11.32%), Phosphorus: 103.71mg (10.37%), Calcium: 100.88mg (10.09%), Fiber: 2.1g (8.4%), Magnesium: 24.56mg (6.14%), Selenium: 4.09µg (5.84%), Potassium: 202.15mg (5.78%), Vitamin B5: 0.52mg (5.19%), Vitamin B12: 0.29µg (4.82%), Zinc: 0.71mg (4.72%), Vitamin E: 0.69mg (4.61%), Vitamin B1: 0.07mg (4.39%), Copper: 0.07mg (3.42%), Vitamin B6: 0.06mg (3.22%), Iron: 0.48mg (2.66%), Vitamin C: 1.91mg (2.31%), Folate: 8µg (2%), Vitamin K: 1.65µg (1.57%), Vitamin D: 0.2µg (1.34%)