



Gluten-Free Caramel Apple Crumble

READY IN



55 min.

SERVINGS



6

CALORIES



398 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 2 tablespoons butter
- ☐ 1 tablespoon whipping cream
- ☐ 1 tablespoon plus light
- ☐ 2 tablespoons granulated sugar
- ☐ 1 tablespoon cake flour gluten free all-purpose
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.8 teaspoon nutmeg

- ☐ 6 cups baking apples are apples that have a sweet-tart balance and hold their shape when peeled sliced
- ☐ 0.8 cup cake flour gluten free all-purpose
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup butter cold cut in small pieces
- ☐ 0.3 cup pecans chopped

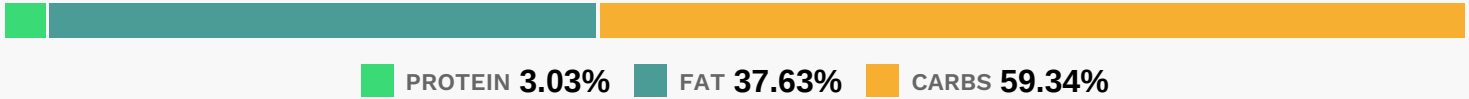
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ In 1-quart saucepan, heat 1/3 cup brown sugar and 2 tablespoons butter to boiling, stirring constantly.
- ☐ Remove from heat. Stir in whipping cream and corn syrup.
- ☐ Heat to boiling.
- ☐ Remove from heat; set aside.
- ☐ Heat oven to 375°F. Spray bottom and sides of 8-inch square baking dish with cooking spray. In small bowl, stir together 2 tablespoons granulated sugar, 1 tablespoon flour blend, the cinnamon and nutmeg. In large bowl, toss apples with sugar mixture; transfer to baking dish.
- ☐ Pour caramel sauce evenly over apples.
- ☐ In medium bowl, stir together 3/4 cup flour blend and 1/3 cup brown sugar.
- ☐ Cut in cold butter, using pastry blender (or pulling 2 table knives through mixture in opposite directions) until mixture looks crumbly; stir in pecans. Spoon evenly over caramel and apples.
- ☐ Bake 30 to 40 minutes or until topping is golden brown and apples are tender when pierced with fork.
- ☐ Serve warm with ice cream, if desired.

Nutrition Facts



Properties

Glycemic Index:73.35, Glycemic Load:15.86, Inflammation Score:-4, Nutrition Score:5.883043455041%

Flavonoids

Cyanidin: 2.61mg, Cyanidin: 2.61mg, Cyanidin: 2.61mg, Cyanidin: 2.61mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.06mg, Catechin: 2.06mg, Catechin: 2.06mg, Catechin: 2.06mg Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg Epicatechin: 9.46mg, Epicatechin: 9.46mg, Epicatechin: 9.46mg, Epicatechin: 9.46mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.38mg, Epigallocatechin 3–gallate: 0.38mg, Epigallocatechin 3–gallate: 0.38mg, Epigallocatechin 3–gallate: 0.38mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg

Nutrients (% of daily need)

Calories: 397.83kcal (19.89%), Fat: 17.32g (26.65%), Saturated Fat: 8.35g (52.19%), Carbohydrates: 61.45g (20.48%), Net Carbohydrates: 57.29g (20.83%), Sugar: 43.97g (48.86%), Cholesterol: 33.19mg (11.06%), Sodium: 102.31mg (4.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.27%), Manganese: 0.52mg (25.8%), Fiber: 4.17g (16.68%), Selenium: 7.47µg (10.67%), Vitamin A: 461.95IU (9.24%), Copper: 0.15mg (7.62%), Vitamin C: 5.85mg (7.09%), Potassium: 215.71mg (6.16%), Phosphorus: 53.32mg (5.33%), Magnesium: 21.08mg (5.27%), Vitamin B1: 0.08mg (5.26%), Vitamin E: 0.73mg (4.89%), Calcium: 43.07mg (4.31%), Vitamin B6: 0.08mg (4.11%), Vitamin K: 4.16µg (3.96%), Iron: 0.66mg (3.69%), Vitamin B2: 0.06mg (3.59%), Zinc: 0.52mg (3.46%), Folate: 11.6µg (2.9%), Vitamin B5: 0.26mg (2.57%), Vitamin B3: 0.39mg (1.97%)