



## Mini Apple Crostatas

READY IN



35 min.

SERVINGS



4

CALORIES



285 kcal

DESSERT

### Ingredients

- 2 cups apples cored peeled thinly sliced
- 8 teaspoons mrs richardson's butterscotch caramel sauce flavored
- 0.3 teaspoon ground cinnamon
- 1 pie crust dough refrigerated softened
- 2 tablespoons sugar

### Equipment

- bowl
- baking sheet

oven

## Directions

Heat oven to 425F. Unroll crust on work surface.

Roll crust out slightly; cut into 4 (5-inch) rounds.

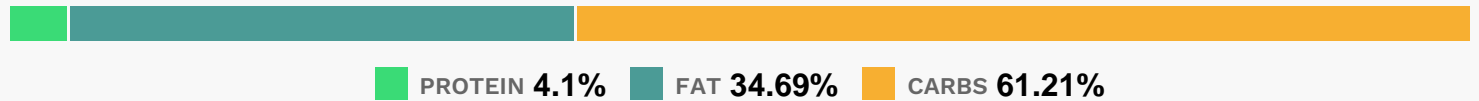
Place rounds on parchment lined cookie sheet.

In medium bowl, mix sugar and cinnamon; toss apple slices into sugar mixture. Divide apple slices evenly onto center of each pie crust round. Fold 1/2-inch of crust over filling, pinching slightly so that crust lays flat on apples.

Bake 18 to 20 minutes or until crust is golden brown and apples are tender.

Drizzle 2 teaspoons caramel topping over each crostata. If desired, serve warm with ice cream.

## Nutrition Facts



## Properties

Glycemic Index:26.77, Glycemic Load:6.47, Inflammation Score:-2, Nutrition Score:4.0591304600239%

## Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

## Nutrients (% of daily need)

Calories: 284.69kcal (14.23%), Fat: 11.21g (17.24%), Saturated Fat: 3.49g (21.78%), Carbohydrates: 44.49g (14.83%), Net Carbohydrates: 41.86g (15.22%), Sugar: 21.61g (24.01%), Cholesterol: 0mg (0%), Sodium: 229.08mg (9.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.96%), Manganese: 0.24mg (11.99%), Fiber: 2.63g (10.52%), Vitamin B1: 0.13mg (8.5%), Folate: 31.95µg (7.99%), Iron: 1.19mg (6.63%), Vitamin B3: 1.21mg (6.03%), Vitamin B2: 0.09mg (5.28%), Phosphorus: 43.79mg (4.38%), Vitamin K: 4.52µg (4.3%), Selenium: 2.67µg (3.81%),

Vitamin C: 2.96mg (3.59%), Potassium: 119.32mg (3.41%), Magnesium: 10.38mg (2.59%), Copper: 0.05mg (2.48%),  
Vitamin B5: 0.24mg (2.36%), Vitamin B6: 0.05mg (2.35%), Vitamin E: 0.32mg (2.13%), Calcium: 20.98mg (2.1%),  
Zinc: 0.22mg (1.46%)