



Sister Schubert's® Caramel Apple Crisp

 Vegetarian

READY IN



70 min.

SERVINGS



10

CALORIES



508 kcal

DESSERT

Ingredients

- ☐ 10 servings marzetti caramel apple dip
- ☐ 0.3 cup apple cider
- ☐ 8 large apples assorted cored peeled sliced
- ☐ 0.8 cup brown sugar
- ☐ 10 servings caramel ice cream salted
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 teaspoons lemon zest

- ☐ 8 sister schubert parker house rolls
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons butter unsalted cut into bits
- ☐ 0.5 cup walnuts chopped

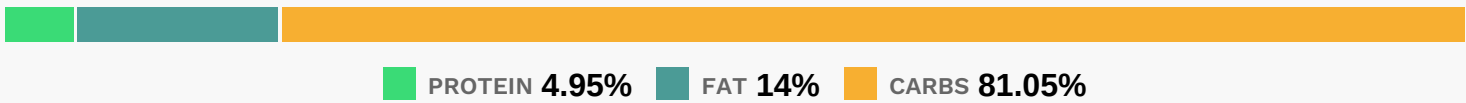
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F. Butter a 9 x 13-inch baking dish
- ☐ For topping, combine Sister Schubert Parker House
- ☐ Rolls with all remaining ingredients in a medium bowl.
- ☐ Cut butter into ingredients to create a crumble topping.
- ☐ For filling, combine apples, sugar, cinnamon, flour, zest and cider and toss well to coat apple slices.
- ☐ Transfer apple mixture to prepared pan. Dot top of apple filling with butter. Cover apples with topping.
- ☐ Bake uncovered 40 to 45 minutes or until topping is light golden brown. Cool slightly and drizzle top of crisp with warm Marzetti Carmel Apple Dip and serve with ice cream.
- ☐ Crisp can also be prepared in individual ramekins; baking times may vary depending upon the size of the baking dishes.

Nutrition Facts



Properties

Glycemic Index:34.78, Glycemic Load:33.4, Inflammation Score:-4, Nutrition Score:8.5604348921258%

Flavonoids

Cyanidin: 3.94mg, Cyanidin: 3.94mg, Cyanidin: 3.94mg, Cyanidin: 3.94mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.21mg, Catechin: 3.21mg, Catechin: 3.21mg, Catechin: 3.21mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 18.42mg, Epicatechin: 18.42mg, Epicatechin: 18.42mg, Epicatechin: 18.42mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 9.69mg, Quercetin: 9.69mg, Quercetin: 9.69mg, Quercetin: 9.69mg

Nutrients (% of daily need)

Calories: 508.3kcal (25.42%), Fat: 8.31g (12.78%), Saturated Fat: 1.87g (11.69%), Carbohydrates: 108.22g (36.07%), Net Carbohydrates: 101.02g (36.74%), Sugar: 74.72g (83.03%), Cholesterol: 6.02mg (2.01%), Sodium: 378.25mg (16.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.61g (13.22%), Iron: 9.22mg (51.24%), Fiber: 7.19g (28.77%), Manganese: 0.35mg (17.61%), Vitamin C: 11.93mg (14.46%), Potassium: 342.15mg (9.78%), Copper: 0.17mg (8.57%), Vitamin B6: 0.14mg (7%), Phosphorus: 66.63mg (6.66%), Magnesium: 25.74mg (6.43%), Calcium: 61.68mg (6.17%), Vitamin K: 5.69µg (5.42%), Vitamin B1: 0.08mg (5.35%), Vitamin B2: 0.09mg (5.07%), Vitamin A: 237.78IU (4.76%), Folate: 18.18µg (4.55%), Vitamin E: 0.56mg (3.77%), Vitamin B5: 0.28mg (2.83%), Selenium: 1.85µg (2.64%), Vitamin B3: 0.44mg (2.22%), Zinc: 0.31mg (2.03%), Vitamin B12: 0.08µg (1.28%)