



Slow Cooked Apple Brown Betty

 Vegetarian

READY IN



200 min.

SERVINGS



6

CALORIES



401 kcal

SIDE DISH

Ingredients

- ☐ 3 cups apples diced cored peeled
- ☐ 10 slices bread cubed
- ☐ 0.8 cup brown sugar
- ☐ 0.5 cup butter melted
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.1 teaspoon salt

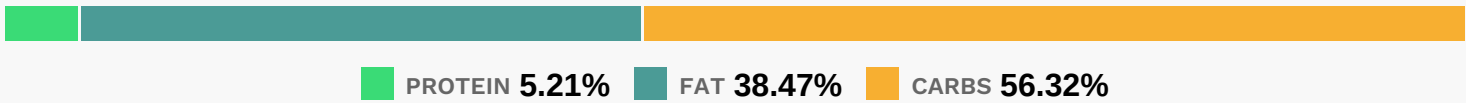
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Place apples into the crock of a slow cooker. In a medium bowl, toss together the bread cubes, cinnamon, nutmeg, salt and brown sugar.
- ☐ Place on top of the apples and drizzle with melted butter. Cover and cook on Low for 3 hours, or until apples are tender.

Nutrition Facts



Properties

Glycemic Index:35.94, Glycemic Load:14.21, Inflammation Score:-5, Nutrition Score:8.3126087732937%

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: 401.35kcal (20.07%), Fat: 17.59g (27.07%), Saturated Fat: 10.09g (63.05%), Carbohydrates: 57.96g (19.32%), Net Carbohydrates: 54.48g (19.81%), Sugar: 35.89g (39.88%), Cholesterol: 40.67mg (13.56%), Sodium: 399.17mg (17.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.36g (10.72%), Manganese: 0.63mg (31.37%), Selenium: 13.97µg (19.95%), Fiber: 3.47g (13.89%), Vitamin B1: 0.2mg (13.58%), Vitamin B3: 2.71mg (13.54%), Iron: 1.97mg (10.95%), Folate: 42.46µg (10.61%), Vitamin A: 507.99IU (10.16%), Calcium: 91.3mg (9.13%), Vitamin B2: 0.14mg (8.26%), Phosphorus: 73mg (7.3%), Magnesium: 25.37mg (6.34%), Copper: 0.1mg (5.02%), Potassium: 174.81mg (4.99%), Vitamin K: 5.04µg (4.8%), Vitamin B5: 0.48mg (4.78%), Vitamin B6: 0.09mg (4.48%), Vitamin E: 0.64mg (4.29%), Vitamin C: 2.98mg (3.61%), Zinc: 0.54mg (3.6%)