



## Southern Apple Crumble

 Dairy Free

READY IN



80 min.

SERVINGS



9

CALORIES



460 kcal

DESSERT

### Ingredients

- 3 cups apples peeled coarsely chopped
- 0.3 cup brown sugar packed
- 0.5 cup butter melted
- 1 pouch basic cookie mix betty crocker® (1 lb 1.5 oz)
- 0.5 cup granulated sugar
- 1 teaspoons ground cinnamon
- 0.5 cup pecans chopped

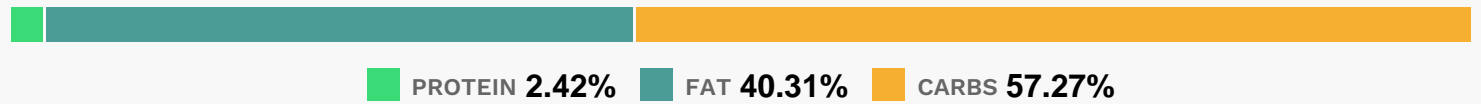
### Equipment

- bowl
- oven
- baking pan
- glass baking pan

## Directions

- Heat oven to 300°F. Spray bottom and sides of 8-inch square (2-quart) glass baking dish with cooking spray. In large bowl, toss filling ingredients.
- Spread mixture in baking dish.
- In same large bowl, stir cookie mix and melted butter until crumbly.
- Sprinkle over filling.
- Bake 40 minutes.
- Remove from oven; sprinkle with pecans.
- Bake 15 to 20 minutes longer or until topping is golden brown.
- Serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:13.01, Glycemic Load:9.31, Inflammation Score:-4, Nutrition Score:3.356086957066%

## Flavonoids

Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 3.19mg, Epicatechin: 3.19mg, Epicatechin: 3.19mg, Epicatechin: 3.19mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

## Nutrients (% of daily need)

Calories: 460.47kcal (23.02%), Fat: 20.61g (31.71%), Saturated Fat: 3.31g (20.71%), Carbohydrates: 65.88g (21.96%), Net Carbohydrates: 62.78g (22.83%), Sugar: 47.55g (52.84%), Cholesterol: 0mg (0%), Sodium: 179.05mg (7.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.58%), Manganese: 0.33mg (16.51%), Fiber: 3.1g (12.4%), Vitamin A: 477.65IU (9.55%), Copper: 0.09mg (4.42%), Vitamin B1: 0.06mg (4.25%), Vitamin E: 0.56mg (3.71%), Potassium: 108.82mg (3.11%), Magnesium: 10.47mg (2.62%), Iron: 0.47mg (2.61%), Phosphorus: 24.64mg (2.46%), Vitamin C: 2.02mg (2.44%), Vitamin B2: 0.04mg (2.41%), Zinc: 0.3mg (1.99%), Calcium: 17.93mg (1.79%), Vitamin B6: 0.03mg (1.69%), Vitamin B3: 0.33mg (1.67%), Vitamin K: 1.2µg (1.14%)