



Spiked Apple Crisp Shooters

READY IN



60 min.

SERVINGS



10

CALORIES



510 kcal

SIDE DISH

Ingredients

- 4 cups baking apples are apples that have a sweet-tart balance and hold their shape when chopped
- 0.5 cup granulated sugar
- 0.3 cup brown sugar packed
- 1 teaspoon ground cinnamon
- 0.5 cup peach schnapps
- 0.5 cup butter melted
- 17.5 oz basic cookie mix
- 1 cup whipping cream

- 1 tablespoon peach schnapps
- 1 tablespoon powdered sugar
- 1 serving mrs richardson's butterscotch caramel sauce

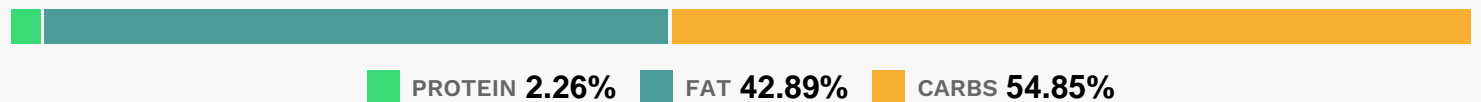
Equipment

- bowl
- frying pan
- oven
- hand mixer

Directions

- Heat oven to 375°F. Spray bottom only of 8-inch square pan with cooking spray. In large bowl, toss apples, granulated sugar, brown sugar, cinnamon and 1/2 cup schnapps.
- Spread in pan.
- In medium bowl, mix melted butter and cookie mix.
- Spread on top of apples.
- Bake 40 minutes.
- Meanwhile, in chilled medium bowl, beat whipping cream, 1 tablespoon schnapps and the powdered sugar with electric mixer on medium-high speed until stiff peaks form.
- To serve, alternately spoon warm apple crisp and cream mixture into small glasses. Top each with caramel topping.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.71, Glycemic Load:8.81, Inflammation Score:-4, Nutrition Score:2.8521739399951%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 3.77mg, Epicatechin: 3.77mg, Epicatechin: 3.77mg, Epicatechin: 3.77mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 509.88kcal (25.49%), Fat: 23.31g (35.86%), Saturated Fat: 12.06g (75.39%), Carbohydrates: 67.06g (22.35%), Net Carbohydrates: 64.49g (23.45%), Sugar: 50.73g (56.37%), Cholesterol: 51.3mg (17.1%), Sodium: 147.31mg (6.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Vitamin A: 664.69IU (13.29%), Fiber: 2.57g (10.27%), Vitamin B2: 0.08mg (4.57%), Vitamin E: 0.58mg (3.86%), Potassium: 112.19mg (3.21%), Calcium: 30.07mg (3.01%), Vitamin C: 2.47mg (2.99%), Manganese: 0.06mg (2.93%), Vitamin K: 2.72µg (2.59%), Vitamin D: 0.38µg (2.54%), Phosphorus: 23.94mg (2.39%), Vitamin B1: 0.03mg (1.85%), Iron: 0.33mg (1.81%), Vitamin B6: 0.03mg (1.59%), Selenium: 1.02µg (1.45%), Vitamin B3: 0.27mg (1.33%), Magnesium: 5.21mg (1.3%), Vitamin B5: 0.12mg (1.18%), Vitamin B12: 0.06µg (1.08%), Copper: 0.02mg (1.01%)