



Spiked Apple Crisp Shooters

READY IN



60 min.

SERVINGS



10

CALORIES



657 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup butter melted
- ☐ 0.5 cup butterscotch topping
- ☐ 1 tablespoon butterscotch topping
- ☐ 10 servings mrs richardson's butterscotch caramel sauce
- ☐ 1 pouch basic cookie mix (1 lb 1.5 oz)
- ☐ 0.5 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 tablespoon powdered sugar

- ☐ 4 cups baking apples are apples that have a sweet-tart balance and hold their shape when chopped
- ☐ 1 cup whipping cream

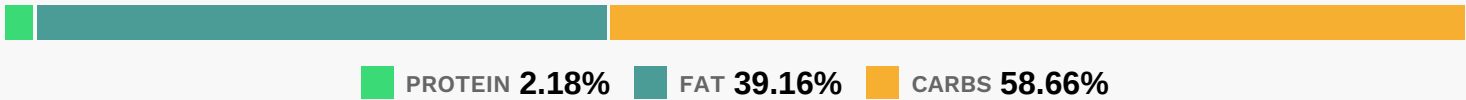
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 375F. 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:27.71, Glycemic Load:16.56, Inflammation Score:-4, Nutrition Score:3.5113043137219%

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: 657.22kcal (32.86%), Fat: 28.89g (44.45%), Saturated Fat: 16.7g (104.38%), Carbohydrates: 97.36g (32.45%), Net Carbohydrates: 94.79g (34.47%), Sugar: 81.08g (90.09%), Cholesterol: 51.3mg (17.1%), Sodium: 287.2mg (12.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.24%), Vitamin A: 697.28IU (13.95%), Fiber: 2.57g (10.26%), Calcium: 54.25mg (5.43%), Vitamin B2: 0.09mg (5.42%), Vitamin E: 0.73mg (4.85%), Phosphorus: 43.94mg (4.39%), Potassium: 148.27mg (4.24%), Manganese: 0.08mg (3.85%), Vitamin K: 3.97µg (3.78%), Vitamin C: 2.67mg (3.24%), Vitamin D: 0.38µg (2.54%), Selenium: 1.73µg (2.48%), Vitamin B12: 0.15µg (2.48%), Vitamin B1: 0.03mg (2.04%), Vitamin B5: 0.2mg (2.03%), Magnesium: 7.97mg (1.99%), Iron: 0.34mg (1.9%), Vitamin B6: 0.03mg (1.74%), Vitamin B3: 0.28mg (1.38%), Copper: 0.02mg (1.04%)