

 food network

## Three-Apple Crumble

READY IN



60 min.

SERVINGS



6

CALORIES



531 kcal

DESSERT

### Ingredients

- 6 large apples diced cored peeled (2 each of 3 different varieties: Granny Smith, Winesap, Rome Beauty, Stayman, Braeburn)
- 0.3 cup brown sugar
- 6 tablespoons butter cold cut into pieces
- 0.8 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 1 juice of lemon juiced
- 6 tablespoons sugar divided
- 1 pint whipped cream for serving

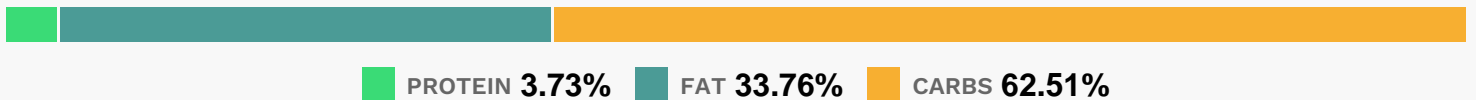
## Equipment

- bowl
- sauce pan
- oven
- baking pan
- aluminum foil

## Directions

- Preheat oven to 400 degrees F.
- Place the apples and just 1/2 of the sugar (3 tablespoons) into a saucepan and cook over medium heat for approximately 10 minutes or until apples begin to soften.
- Drain them and set aside.
- Combine the remaining 3 tablespoons sugar, flour, cinnamon and butter in a bowl. Blend with your fingertips until the mixture resembles coarse crumbs. Set aside.
- Coat the apples with the lemon juice and spoon into a deep baking dish. Top with the crumble mix and sprinkle with the brown sugar, and bake until done, about 30 minutes. To minimize oven clean-up, you may want to place foil under the baking dish to catch any spills. The fruit will bubble and will be very hot, so exercise extra care in removing from the oven.
- Serve scoops topped with vanilla ice cream.

## Nutrition Facts



## Properties

Glycemic Index:48.85, Glycemic Load:36.16, Inflammation Score:-6, Nutrition Score:9.8156520491061%

## Flavonoids

Cyanidin: 3.5mg, Cyanidin: 3.5mg, Cyanidin: 3.5mg, Cyanidin: 3.5mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.9mg, Catechin: 2.9mg, Catechin: 2.9mg, Catechin: 2.9mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 16.79mg, Epicatechin: 16.79mg, Epicatechin: 16.79mg, Epicatechin: 16.79mg Epicatechin 3-gallate:

0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg  
Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg,  
Epigallocatechin 3-gallate: 0.42mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol:  
0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg,  
Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg,  
Luteolin: 0.27mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin:  
8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg

## Nutrients (% of daily need)

Calories: 531.03kcal (26.55%), Fat: 20.62g (31.72%), Saturated Fat: 12.64g (79%), Carbohydrates: 85.87g (28.62%),  
Net Carbohydrates: 79.36g (28.86%), Sugar: 63.93g (71.03%), Cholesterol: 64.8mg (21.6%), Sodium: 159.28mg  
(6.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.12g (10.24%), Fiber: 6.52g (26.07%), Vitamin B2:  
0.33mg (19.55%), Vitamin A: 803.58IU (16.07%), Vitamin C: 12.68mg (15.37%), Calcium: 133.93mg (13.39%), Vitamin  
B1: 0.19mg (12.99%), Manganese: 0.26mg (12.9%), Phosphorus: 128.67mg (12.87%), Potassium: 438.71mg (12.53%),  
Folate: 40.79µg (10.2%), Selenium: 7.09µg (10.13%), Vitamin B6: 0.14mg (7.22%), Vitamin B5: 0.7mg (7.02%),  
Magnesium: 27.51mg (6.88%), Iron: 1.19mg (6.62%), Vitamin E: 0.99mg (6.58%), Vitamin B3: 1.25mg (6.23%), Vitamin  
K: 6.27µg (5.97%), Vitamin B12: 0.33µg (5.52%), Copper: 0.11mg (5.47%), Zinc: 0.77mg (5.13%), Vitamin D: 0.16µg  
(1.05%)