

Apple Walnut Brown Betty

*Chef Steven Petusevsky
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Servings: 6

*6 large (two pounds) apples (Fuji, Gala, Delicious), peeled and sliced in 1/4-inch slices
1 teaspoon ground cinnamon, divided
1/2 teaspoon nutmeg
1 teaspoon almond extract
1/2 cup dark brown sugar, divided
6 ounces cranberry juice
2 tablespoons dried cranberries
1/4 cup water
2 slices whole-grain bread
2 tablespoons chopped walnuts
1/4 cup quick-cooking oats
2 tablespoons butter*

Preheat the oven to 350 degrees.

In a medium saucepan over medium-high heat, combine the apples, 1/2 teaspoon of cinnamon, nutmeg, almond extract, 1/4 cup of brown sugar, cranberry juice, cranberries and water.

Remove from the heat and transfer to a gratin dish or a nine-inch glass pie plate.

Place the bread in a food processor and pulse to form coarse crumbs.

In a small bowl, combine the breadcrumbs, walnuts, oats, butter and the remaining 1/4 cup of brown sugar and 1/2 teaspoon of cinnamon. Work the mixture with your fingers to blend. Sprinkle over the apples.

Bake, uncovered, for 20 to 25 minutes, until lightly browned.

Serve hot with a scoop of ice cream.

Per Serving (excluding unknown items): 185 Calories; 6g Fat (29.2% calories from fat); 3g Protein; 31g Carbohydrate; 2g Dietary Fiber; 10mg Cholesterol; 121mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 1 Fat; 1 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	185	Vitamin B6 (mg):	.1mg
% Calories from Fat:	29.2%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	65.4%	Thiamin B1 (mg):	.1mg

% Calories from Protein:	5.4%
Total Fat (g):	6g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	10mg
Carbohydrate (g):	31g
Dietary Fiber (g):	2g
Protein (g):	3g
Sodium (mg):	121mg
Potassium (mg):	133mg
Calcium (mg):	36mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	10mg
Vitamin A (i.u.):	158IU
Vitamin A (r.e.):	37RE

Riboflavin B2 (mg):	trace
Folacin (mcg):	10mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	1
% Refuse:	n.n%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	1

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 185	Calories from Fat: 54
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% Daily Values*

Total Fat 6g	10%
Saturated Fat 3g	13%
Cholesterol 10mg	3%
Sodium 121mg	5%
Total Carbohydrates 31g	10%
Dietary Fiber 2g	7%
Protein 3g	
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Vitamin A	3%
Vitamin C	17%
Calcium	4%
Iron	7%

* Percent Daily Values are based on a 2000 calorie diet.