

Golden Apple Crisp

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

Servings: 6

- 4 cups apples, sliced
- cinnamon
- 3/4 cup cheddar cheese, shredded
- 1/3 cup packed brown sugar
- 1/3 cup sugar
- 1/2 cup all-purpose flour
- 1/4 teaspoon salt
- 1/3 cup butter, softened

Preheat the oven to 350 degrees.

Place the apples in the bottom of a greased eight-inch square pan. Sprinkle with the cinnamon and then the cheese.

In a small bowl, combine the brown sugar, sugar, flour and salt. Cut in the butter until the mixture resembles coarse crumbs. Sprinkle over the cheese.

Bake for 50 to 60 minutes or until golden brown.

Per Serving (excluding unknown items): 316 Calories; 15g Fat (42.1% calories from fat); 5g Protein; 42g Carbohydrate; 2g Dietary Fiber; 42mg Cholesterol; 285mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 2 1/2 Fat; 1 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	316
% Calories from Fat:	42.1%
% Calories from Carbohydrates:	51.9%
% Calories from Protein:	6.0%
Total Fat (g):	15g
Saturated Fat (g):	9g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	42mg
Carbohydrate (g):	42g
Dietary Fiber (g):	2g
Protein (g):	5g
	285mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	21mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	1/2
	0
	1

Sodium (mg):
Potassium (mg): 155mg
Calcium (mg): 123mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 4mg
Vitamin A (i.u.): 571IU
Vitamin A (r.e.): 143 1/2RE

Vegetable:
Fruit: 1/2
Non-Fat Milk: 0
Fat: 2 1/2
Other Carbohydrates: 1 1/2

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 316 **Calories from Fat:** 133

% Daily Values*

Total Fat	15g	23%
	Saturated Fat 9g	47%
Cholesterol	42mg	14%
Sodium	285mg	12%
Total Carbohydrates	42g	14%
	Dietary Fiber 2g	9%
Protein	5g	

Vitamin A	11%
Vitamin C	7%
Calcium	12%
Iron	5%

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