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Apple Delight

Apple Delight is a delicious dessert made with fresh apples and a sweet, buttery crust. It is a classic recipe that is perfect for any occasion.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 45 mins

Total Time: 60 mins

Recipe Yield: 500 grams

Number of Servings: 8

Serving Size: 62 g

Ingredients

500 g	Apples
200 g	sugar
250 g	flour
150 g	butter
2 tsp	cinnamon
1 tsp	nutmeg

0.5 tsp salt

2 tbsp lemon juice

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Peel, core, and slice the apples.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, mix together the sugar, flour, cinnamon, nutmeg, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

Add the sliced apples and lemon juice to the bowl and toss to coat the apples evenly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Preparation

Transfer the apple mixture to a baking dish.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Mixing

In a separate bowl, mix together the flour, sugar, and butter until crumbly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Sprinkling

Sprinkle the crumb mixture over the apples in the baking dish.

Prep Time: 5 mins

Cook Time: 0 mins

Step 8

Baking

Bake in the preheated oven for 45 minutes, or until the apples are tender and the crust is golden brown.

Prep Time: 0 mins

Cook Time: 45 mins

Step 9

Cooling

Allow the Apple Delight to cool for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 2 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	4 g	10.53%	16%
Sugars	25 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	10 g	35.71%	40%
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	200 mg	5.88%	7.69%
Zinc	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	0 mcg	0%	0%

Recipe Attributes

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
Game Day

Cuisines

Italian Chinese

Meal Type

Brunch Lunch Dinner Snack Supper

Difficulty Level

Easy

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