



5-Minute Apple Crisp

 Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



146 kcal

DESSERT

Ingredients

- ☐ 15 ounce apple filling canned
- ☐ 2 Tbsp brown sugar
- ☐ 0.5 cup go kashi cereal or any granola) lean
- ☐ 0.3 tsp nutmeg freshly grated

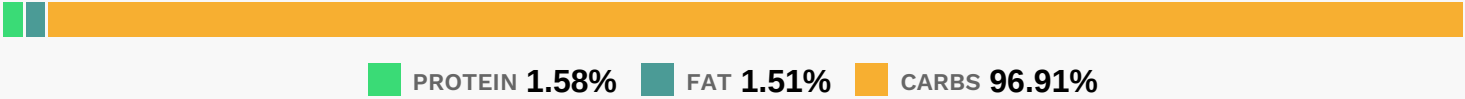
Equipment

- ☐ pot

Directions

 Heat pie filling in a small pot over medium-low heat. Season with nutmeg and spoon into dessert cups. Top with brown sugar, followed by the Kashi. Top with scoop of non-dairy vanilla ice cream (optional) .

Nutrition Facts



Properties

Glycemic Index:35.56, Glycemic Load:2.27, Inflammation Score:-3, Nutrition Score:3.9117391031721%

Nutrients (% of daily need)

Calories: 146.23kcal (7.31%), Fat: 0.26g (0.4%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 37.73g (12.58%), Net Carbohydrates: 35.72g (12.99%), Sugar: 21.46g (23.84%), Cholesterol: 0mg (0%), Sodium: 78.67mg (3.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.23%), Manganese: 0.21mg (10.75%), Iron: 1.76mg (9.75%), Folate: 33.51µg (8.38%), Fiber: 2.01g (8.03%), Vitamin B6: 0.1mg (5.23%), Vitamin B1: 0.08mg (5.22%), Vitamin B2: 0.08mg (4.81%), Vitamin B3: 0.88mg (4.4%), Copper: 0.09mg (4.39%), Selenium: 3.02µg (4.31%), Vitamin B12: 0.25µg (4.17%), Magnesium: 14.37mg (3.59%), Phosphorus: 30.42mg (3.04%), Vitamin A: 150.65IU (3.01%), Potassium: 82.95mg (2.37%), Vitamin C: 1.81mg (2.2%), Zinc: 0.3mg (1.98%), Calcium: 11.69mg (1.17%), Vitamin D: 0.17µg (1.1%)