



Amaretto Apple Crisp

 Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



219 kcal

DESSERT

Ingredients

- 0.3 cup apple juice (almond-flavored liqueur)
- 0.5 cup flour all-purpose
- 3 pounds apples i use 2 granny smith apples peeled sliced
- 0.3 cup granulated sugar
- 0.3 cup brown sugar light packed
- 3 tablespoons slivered almonds toasted
- 0.3 cup stick margarine chilled cut into small pieces

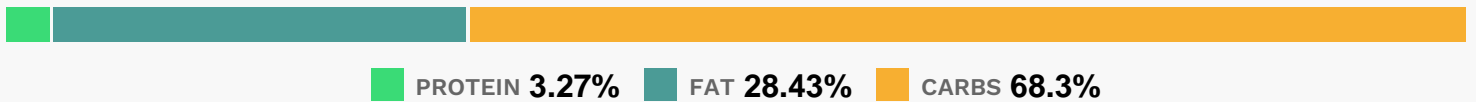
Equipment

- bowl
- oven
- knife
- blender
- baking pan
- measuring cup

Directions

- Preheat oven to 37
- Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour and sugars in a bowl; cut in butter with a pastry blender or 2 knives until mixture is crumbly.
- Add almonds; toss well.
- Combine apple and amaretto in a bowl; toss well. Spoon apple mixture into an 8-inch square baking dish or 1 1/2-quart casserole.
- Sprinkle with crumb mixture.
- Bake at 375 for 45 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:25.32, Glycemic Load:13.67, Inflammation Score:-4, Nutrition Score:4.8282609134912%

Flavonoids

Cyanidin: 2.46mg, Cyanidin: 2.46mg, Cyanidin: 2.46mg, Cyanidin: 2.46mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 11.84mg, Epicatechin: 11.84mg, Epicatechin: 11.84mg, Epicatechin: 11.84mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg

0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg

Nutrients (% of daily need)

Calories: 219.29kcal (10.96%), Fat: 7.31g (11.24%), Saturated Fat: 1.28g (8%), Carbohydrates: 39.51g (13.17%), Net Carbohydrates: 35.26g (12.82%), Sugar: 28.24g (31.38%), Cholesterol: 0mg (0%), Sodium: 65.79mg (2.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.79%), Fiber: 4.25g (17.01%), Manganese: 0.19mg (9.37%), Vitamin E: 1.33mg (8.9%), Vitamin C: 7.05mg (8.55%), Vitamin B2: 0.12mg (6.86%), Vitamin A: 316.85IU (6.34%), Potassium: 213.92mg (6.11%), Vitamin B1: 0.09mg (5.98%), Magnesium: 19.29mg (4.82%), Folate: 18.84µg (4.71%), Copper: 0.09mg (4.48%), Phosphorus: 42.56mg (4.26%), Iron: 0.68mg (3.8%), Selenium: 2.61µg (3.72%), Vitamin B6: 0.07mg (3.72%), Vitamin B3: 0.68mg (3.42%), Vitamin K: 3.35µg (3.19%), Calcium: 26.91mg (2.69%), Vitamin B5: 0.16mg (1.56%), Zinc: 0.22mg (1.45%)