



## Apple and Cranberry Crisps with Ginger-Pecan Topping

READY IN



45 min.

SERVINGS



4

CALORIES



728 kcal

DESSERT

### Ingredients

- ☐ 0.3 cup all purpose flour
- ☐ 3 tablespoons crystallized ginger minced
- ☐ 0.3 cup brown sugar dark packed ()
- ☐ 1.5 pounds granny smith apples cored peeled chopped
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 1 teaspoon ground ginger
- ☐ 0.3 cup old-fashioned oats

- ☐ 0.7 cup pecans toasted coarsely chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 0.5 cup cranberries dried sweetened
- ☐ 0.3 cup butter unsalted chilled cut into 1/2-inch cubes ()
- ☐ 4 servings whipped cream

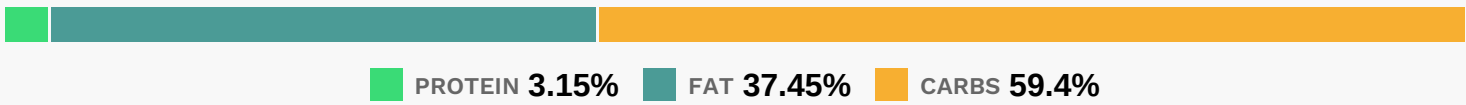
## Equipment

- ☐ bowl
- ☐ oven

## Directions

- ☐ Preheat oven to 375°F. Butter four 1 1/4-cup custard cups or soufflé dishes.
- ☐ Mix all ingredients in bowl.
- ☐ Let stand until juicy, about 5 minutes. Divide filling among prepared cups.
- ☐ Bake until bubbling at edges, about 20 minutes.
- ☐ Blend first 7 ingredients in large bowl. Rub in butter with fingertips until coarse meal forms.
- ☐ Mix in pecans with fingertips.
- ☐ Crumble topping over hot apples.
- ☐ Bake until topping is golden brown, apples are tender, and juices are bubbling thickly, about 25 minutes.
- ☐ Serve warm with vanilla ice cream.

## Nutrition Facts



## Properties

Glycemic Index:73.27, Glycemic Load:38.44, Inflammation Score:-6, Nutrition Score:13.623043340185%

## Flavonoids

Cyanidin: 4.53mg, Cyanidin: 4.53mg, Cyanidin: 4.53mg, Cyanidin: 4.53mg Delphinidin: 1.22mg, Delphinidin: 1.22mg, Delphinidin: 1.22mg, Delphinidin: 1.22mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 3.41mg, Catechin: 3.41mg, Catechin: 3.41mg, Catechin: 3.41mg Epigallocatechin: 1.37mg, Epigallocatechin: 1.37mg, Epigallocatechin: 1.37mg Epicatechin: 12.94mg, Epicatechin: 12.94mg, Epicatechin: 12.94mg, Epicatechin: 12.94mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.7mg, Epigallocatechin 3–gallate: 0.7mg, Epigallocatechin 3–gallate: 0.7mg, Epigallocatechin 3–gallate: 0.7mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg

Nutrients (% of daily need)

Calories: 728.21kcal (36.41%), Fat: 31.62g (48.65%), Saturated Fat: 12.94g (80.85%), Carbohydrates: 112.88g (37.63%), Net Carbohydrates: 104.87g (38.14%), Sugar: 91.86g (102.07%), Cholesterol: 59.54mg (19.85%), Sodium: 209.5mg (9.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.98g (11.96%), Manganese: 1.39mg (69.49%), Fiber: 8.01g (32.05%), Phosphorus: 169.51mg (16.95%), Vitamin B1: 0.25mg (16.84%), Vitamin B2: 0.29mg (16.8%), Copper: 0.32mg (15.84%), Vitamin A: 735.22IU (14.7%), Calcium: 136.34mg (13.63%), Potassium: 452.83mg (12.94%), Magnesium: 50.5mg (12.62%), Zinc: 1.58mg (10.5%), Vitamin C: 8.45mg (10.25%), Selenium: 6.83µg (9.76%), Vitamin E: 1.43mg (9.5%), Iron: 1.61mg (8.96%), Vitamin B6: 0.16mg (8.12%), Vitamin B5: 0.8mg (7.98%), Folate: 28.67µg (7.17%), Vitamin K: 7.04µg (6.7%), Vitamin B3: 1.11mg (5.54%), Vitamin B12: 0.28µg (4.69%), Vitamin D: 0.34µg (2.3%)