



Apple-Cranberry Crisp

READY IN



45 min.

SERVINGS



9

CALORIES



246 kcal

DESSERT

Ingredients

- 0.7 cup brown sugar divided
- 0.3 cup butter cold cut into small pieces
- 1 cup cranberries fresh frozen thawed
- 0.5 cup flour
- 4 large granny smith apples peeled sliced
- 1 tsp ground cinnamon divided
- 0.5 cup quick-cooking oats
- 0.3 cup planters walnuts toasted chopped
- 1 cup cool whip whipped topping divided thawed

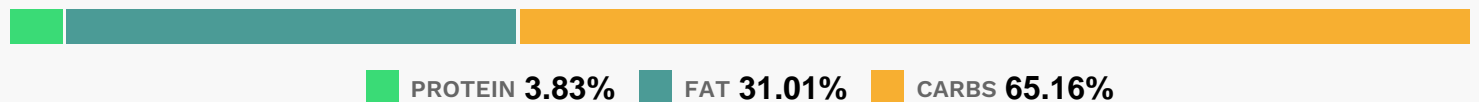
Equipment

- bowl
- oven
- blender
- baking pan

Directions

- Heat oven to 375F.
- Toss apples with cranberries, 2 Tbsp. sugar and 1/2 tsp. cinnamon in 8-inch square baking dish sprayed with cooking spray.
- Combine flour and oats with remaining sugar and cinnamon in large bowl.
- Cut in butter with pastry blender or 2 knives until mixture resembles coarse crumbs.
- Sprinkle over fruit mixture; top with nuts.
- Bake 30 min. or until apples are tender and fruit mixture is hot and bubbly.
- Serve warm topped with COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:32.44, Glycemic Load:9.64, Inflammation Score:-4, Nutrition Score:5.553043467843%

Flavonoids

Cyanidin: 6.8mg, Cyanidin: 6.8mg, Cyanidin: 6.8mg, Cyanidin: 6.8mg Delphinidin: 0.85mg, Delphinidin: 0.85mg, Delphinidin: 0.85mg, Delphinidin: 0.85mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 5.48mg, Peonidin: 5.48mg, Peonidin: 5.48mg Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 7.95mg, Epicatechin: 7.95mg, Epicatechin: 7.95mg, Epicatechin: 7.95mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol:

0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 246.41kcal (12.32%), Fat: 8.89g (13.67%), Saturated Fat: 4.47g (27.95%), Carbohydrates: 42.02g (14.01%), Net Carbohydrates: 38.26g (13.91%), Sugar: 28.73g (31.93%), Cholesterol: 13.72mg (4.57%), Sodium: 52.69mg (2.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.94%), Manganese: 0.49mg (24.38%), Fiber: 3.76g (15.04%), Vitamin C: 6.17mg (7.48%), Vitamin B1: 0.11mg (7.34%), Magnesium: 26.8mg (6.7%), Selenium: 4.52µg (6.46%), Copper: 0.12mg (6.04%), Phosphorus: 60.02mg (6%), Potassium: 185.68mg (5.31%), Folate: 21.04µg (5.26%), Iron: 0.92mg (5.11%), Vitamin B2: 0.08mg (4.84%), Vitamin A: 225.43IU (4.51%), Vitamin B6: 0.08mg (4.05%), Vitamin E: 0.58mg (3.85%), Calcium: 37.03mg (3.7%), Vitamin K: 3.79µg (3.61%), Vitamin B3: 0.62mg (3.09%), Zinc: 0.37mg (2.45%), Vitamin B5: 0.2mg (2.04%)