



Apple-Cranberry Crisp



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



207 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup canola oil
- ☐ 2 cups cranberries fresh
- ☐ 1 pound apples i use 2 granny smith apples cubed
- ☐ 1 cup regular oats
- ☐ 0.5 cup sugar
- ☐ 0.3 cup flour whole wheat

Equipment

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

Directions

- ☐ Preheat oven to 35
- ☐ Combine the first 3 ingredients in a medium bowl; spoon into an 8 x 8-inch baking dish coated with cooking spray. Lightly spoon the flour into a dry measuring cup, and level with a knife.
- ☐ Combine flour, oats, sugar, and oil, stirring with a fork until crumbly.
- ☐ Sprinkle over the apple mixture.
- ☐ Bake at 350 for 40 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:18.71, Glycemic Load:11.26, Inflammation Score:-2, Nutrition Score:4.8134783091752%

Flavonoids

Cyanidin: 10mg, Cyanidin: 10mg, Cyanidin: 10mg, Cyanidin: 10mg Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 9.84mg, Peonidin: 9.84mg, Peonidin: 9.84mg, Peonidin: 9.84mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 4.29mg, Epicatechin: 4.29mg, Epicatechin: 4.29mg, Epicatechin: 4.29mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg

Nutrients (% of daily need)

Calories: 206.92kcal (10.35%), Fat: 6.36g (9.79%), Saturated Fat: 0.53g (3.34%), Carbohydrates: 37.78g (12.59%), Net Carbohydrates: 34.72g (12.63%), Sugar: 26.32g (29.24%), Cholesterol: 0mg (0%), Sodium: 4.6mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.64%), Manganese: 0.55mg (27.62%), Fiber: 3.06g (12.22%), Vitamin E: 1.39mg (9.25%), Selenium: 5.03µg (7.18%), Vitamin K: 6.23µg (5.93%), Vitamin C: 4.89mg (5.92%), Phosphorus: 55.15mg (5.52%), Magnesium: 21.13mg (5.28%), Vitamin B1: 0.07mg (4.5%), Copper: 0.08mg (3.87%), Iron: 0.67mg (3.73%), Potassium: 123.24mg (3.52%), Vitamin B6: 0.06mg (2.94%), Zinc: 0.44mg (2.93%), Vitamin B2: 0.04mg (2.17%), Vitamin B5: 0.22mg (2.16%), Calcium: 19.13mg (1.91%), Vitamin B3: 0.36mg (1.81%), Folate: 6.03µg (1.51%)