



Apple-Cranberry Crisp with Polenta Streusel Topping

READY IN



45 min.

SERVINGS



8

CALORIES



589 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon aniseed
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups cranberries fresh
- ☐ 1 large eggs beaten to blend
- ☐ 0.7 cup brown sugar packed ()
- ☐ 2 pounds apples i use 2 granny smith apples cored peeled cut into 1-inch cubes
- ☐ 1 teaspoon ground cinnamon

- ☐ 8 servings whipped cream
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest finely grated
- ☐ 1.5 teaspoons orange zest finely grated
- ☐ 1.5 cups pastry flour
- ☐ 0.8 cup cornmeal (coarse cornmeal)
- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 0.5 cup butter unsalted chilled cut into 1/2-inch cubes (1 stick)

Equipment

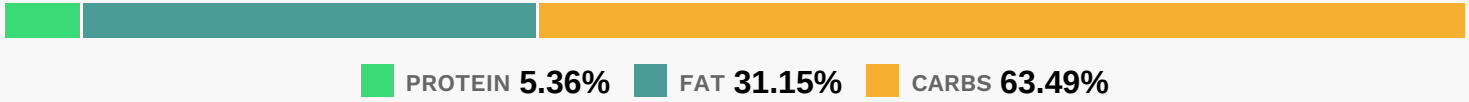
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Toast aniseed in small skillet over medium heat until slightly darker in color, about 3 minutes.
- ☐ Place seeds in processor.
- ☐ Add next 5 ingredients; blend 5 seconds.
- ☐ Add butter; blend, using on/off turns, until mixture resembles coarse crumbs.
- ☐ Transfer mixture to large bowl.
- ☐ Drizzle egg over and stir until ingredients are evenly moistened.
- ☐ Preheat oven to 375°F.
- ☐ Combine first 8 ingredients in large bowl; stir to blend.
- ☐ Add apples and lemon juice; toss to blend.
- ☐ Transfer filling to 11x7x2- inch glass baking dish (or other shallow 2-quart baking dish).
- ☐ Crumble topping finely over filling.

- ☐ Bake dessert until apples are tender, juices bubble thickly, and topping is crisp and golden, about 1 hour. Cool 15 minutes.
- ☐ Serve crisp warm with gelato.
- ☐ *Sold at some supermarkets and atnatural foods stores and Italian markets.

Nutrition Facts



Properties

Glycemic Index:51.32, Glycemic Load:32.63, Inflammation Score:-7, Nutrition Score:15.017391225566%

Flavonoids

Cyanidin: 13.39mg, Cyanidin: 13.39mg, Cyanidin: 13.39mg, Cyanidin: 13.39mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.31mg, Peonidin: 12.31mg, Peonidin: 12.31mg, Peonidin: 12.31mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 9.63mg, Epicatechin: 9.63mg, Epicatechin: 9.63mg, Epicatechin: 9.63mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg

Nutrients (% of daily need)

Calories: 588.76kcal (29.44%), Fat: 21.14g (32.52%), Saturated Fat: 12.26g (76.6%), Carbohydrates: 96.93g (32.31%), Net Carbohydrates: 88.75g (32.27%), Sugar: 61.75g (68.61%), Cholesterol: 82.79mg (27.6%), Sodium: 296.21mg (12.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.18g (16.35%), Manganese: 1.22mg (60.93%), Fiber: 8.18g (32.73%), Selenium: 18.43µg (26.33%), Phosphorus: 233.13mg (23.31%), Calcium: 174.17mg (17.42%), Magnesium: 67.14mg (16.78%), Vitamin B2: 0.28mg (16.63%), Vitamin A: 748.32IU (14.97%), Vitamin B6: 0.3mg (14.8%), Vitamin C: 11.78mg (14.28%), Vitamin B1: 0.21mg (14.19%), Potassium: 450.24mg (12.86%), Zinc: 1.69mg (11.29%), Iron: 1.97mg (10.96%), Copper: 0.21mg (10.51%), Vitamin E: 1.36mg (9.04%), Vitamin B5: 0.9mg (8.98%), Vitamin B3: 1.74mg (8.7%), Folate: 26.44µg (6.61%), Vitamin B12: 0.34µg (5.62%), Vitamin K: 5.59µg (5.33%), Vitamin D: 0.47µg (3.13%)