



Apple-Cranberry Dessert



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



8

CALORIES



264 kcal

DESSERT

Ingredients

- ☐ 6 cups apples peeled sliced (6 medium)
- ☐ 0.7 cup cranberries dried sweetened
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoons maple syrup
- ☐ 1 tablespoon juice of lemon
- ☐ 0.7 cup oats
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup walnut pieces chopped

- ☐ 0.3 cup butter softened
- ☐ 1 serving whipped cream
- ☐ 0.5 cup frangelico

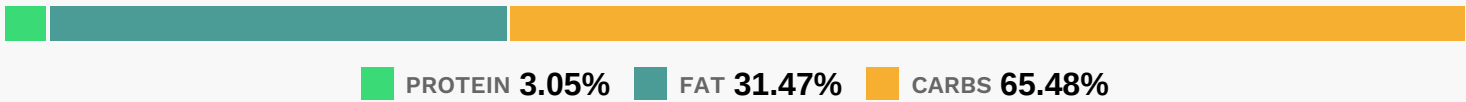
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 375°F. In large bowl, mix apples, cranberries, cinnamon, syrup and lemon juice. Spoon into ungreased 8-inch square baking dish.
- ☐ In medium bowl, mix remaining ingredients except ice cream with fork until crumbly.
- ☐ Sprinkle over fruit mixture.
- ☐ Bake 35 to 40 minutes or until apples are tender, juices are bubbly and topping is golden brown. Cool about 30 minutes.
- ☐ Serve warm with ice cream.

Nutrition Facts



Properties

Glycemic Index:27.44, Glycemic Load:8.44, Inflammation Score:-4, Nutrition Score:5.8313043784836%

Flavonoids

Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg

Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg

Nutrients (% of daily need)

Calories: 263.7kcal (13.19%), Fat: 9.74g (14.99%), Saturated Fat: 2.08g (13%), Carbohydrates: 45.61g (15.2%), Net Carbohydrates: 41.75g (15.18%), Sugar: 35.41g (39.34%), Cholesterol: 3.63mg (1.21%), Sodium: 79.56mg (3.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.26%), Manganese: 0.64mg (32.16%), Fiber: 3.86g (15.45%), Magnesium: 33.03mg (8.26%), Vitamin B2: 0.13mg (7.48%), Vitamin A: 340.68IU (6.81%), Phosphorus: 65.87mg (6.59%), Vitamin C: 5.18mg (6.28%), Copper: 0.12mg (6.22%), Potassium: 197.52mg (5.64%), Vitamin B1: 0.07mg (4.94%), Vitamin E: 0.71mg (4.71%), Calcium: 45.46mg (4.55%), Selenium: 2.86µg (4.09%), Vitamin B6: 0.08mg (4.01%), Iron: 0.7mg (3.91%), Zinc: 0.48mg (3.19%), Vitamin K: 3.25µg (3.09%), Folate: 9.57µg (2.39%), Vitamin B5: 0.22mg (2.23%), Vitamin B3: 0.27mg (1.36%)