



Apple-Cranberry Walnut Crisp

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



270 kcal

DESSERT

Ingredients

- 0.5 cup apple cider
- 1.5 teaspoons cornstarch
- 0.5 cup cranberries fresh
- 3 pounds gala apple peeled sliced
- 1 teaspoon ground cinnamon
- 0.3 cup maple syrup
- 0.3 cup maple syrup
- 1 cup oats

- 0.5 teaspoon salt
- 1 Dash salt
- 0.3 cup butter unsalted softened
- 1 teaspoon vanilla extract
- 0.3 cup walnut pieces coarsely chopped
- 1 cup pastry flour whole wheat

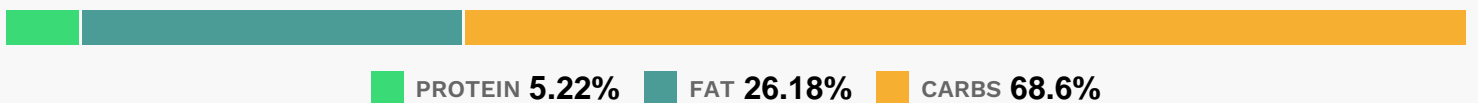
Equipment

- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 37
- To prepare filling, combine apples and next 7 ingredients (apples through dash of salt). Spoon apple mixture into a 13 x 9-inch baking dish.
- To prepare topping, combine oats and remaining ingredients.
- Sprinkle over apple mixture. Cover with foil; bake at 375 for 40 minutes. Uncover; bake an additional 20 minutes or until topping is crisp and juices are thick and bubbly.

Nutrition Facts



Properties

Glycemic Index:25.58, Glycemic Load:12.23, Inflammation Score:-4, Nutrition Score:10.293913000304%

Flavonoids

Cyanidin: 4.57mg, Cyanidin: 4.57mg, Cyanidin: 4.57mg, Cyanidin: 4.57mg Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 2.49mg, Peonidin: 2.49mg, Peonidin: 2.49mg, Peonidin: 2.49mg Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg

0.39mg Epicatechin: 11.02mg, Epicatechin: 11.02mg, Epicatechin: 11.02mg, Epicatechin: 11.02mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg

Nutrients (% of daily need)

Calories: 269.72kcal (13.49%), Fat: 8.23g (12.66%), Saturated Fat: 3.34g (20.86%), Carbohydrates: 48.52g (16.17%), Net Carbohydrates: 42.57g (15.48%), Sugar: 27.05g (30.05%), Cholesterol: 12.2mg (4.07%), Sodium: 125.28mg (5.45%), Alcohol: 0.14g (100%), Alcohol %: 0.09% (100%), Protein: 3.69g (7.39%), Manganese: 1.46mg (72.92%), Fiber: 5.94g (23.77%), Vitamin B2: 0.32mg (18.68%), Selenium: 10.04µg (14.34%), Magnesium: 45.72mg (11.43%), Phosphorus: 107.47mg (10.75%), Vitamin B1: 0.15mg (9.99%), Copper: 0.19mg (9.3%), Vitamin C: 7.12mg (8.64%), Potassium: 296.74mg (8.48%), Vitamin B6: 0.14mg (6.96%), Iron: 1.12mg (6.22%), Zinc: 0.93mg (6.2%), Calcium: 45.59mg (4.56%), Vitamin B3: 0.89mg (4.44%), Vitamin A: 220.87IU (4.42%), Folate: 16.01µg (4%), Vitamin K: 4.2µg (4%), Vitamin E: 0.6mg (3.97%), Vitamin B5: 0.3mg (2.96%)