



Apple Crisp

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



202 kcal

DESSERT

Ingredients

- 3 Tbsp butter
- 0.5 tsp ground cinnamon
- 1 oz jell-o vanilla flavor pudding fat free sugar free instant
- 1.5 cups cranberry-pecan granola
- 0.3 cup sugar
- 6 cups tart apples peeled sliced
- 0.3 cup water

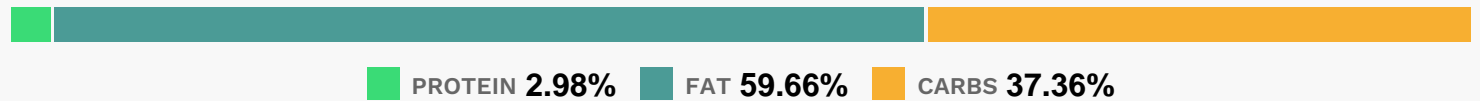
Equipment

- bowl
- oven
- baking pan
- microwave

Directions

- Heat oven to 350F.
- Toss apples with next 3 ingredients in large bowl. Stir in water; spoon into 1-1/2-qt. baking dish.
- Microwave butter in medium microwaveable bowl on HIGH 30 sec. or until melted. Stir in granola; spoon over apple mixture.
- Bake 50 min. or until apples are tender.

Nutrition Facts



Properties

Glycemic Index:16.71, Glycemic Load:6.29, Inflammation Score:-3, Nutrition Score:4.9700000360608%

Flavonoids

Cyanidin: 2.77mg, Cyanidin: 2.77mg, Cyanidin: 2.77mg, Cyanidin: 2.77mg Delphinidin: 1.08mg, Delphinidin: 1.08mg, Delphinidin: 1.08mg, Delphinidin: 1.08mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg Epigallocatechin: 1.03mg, Epigallocatechin: 1.03mg, Epigallocatechin: 1.03mg, Epigallocatechin: 1.03mg Epicatechin: 5.77mg, Epicatechin: 5.77mg, Epicatechin: 5.77mg, Epicatechin: 5.77mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 202.47kcal (10.12%), Fat: 14.3g (22.01%), Saturated Fat: 3.13g (19.57%), Carbohydrates: 20.15g (6.72%), Net Carbohydrates: 16.84g (6.12%), Sugar: 15.63g (17.37%), Cholesterol: 9.16mg (3.05%), Sodium: 46.6mg (2.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.21%), Manganese: 0.72mg (35.88%), Fiber: 3.31g (13.25%), Copper: 0.2mg (10.05%), Vitamin B1: 0.11mg (7.4%), Magnesium: 21.96mg (5.49%), Phosphorus: 50.55mg

(5.05%), Zinc: 0.71mg (4.74%), Vitamin C: 3.62mg (4.39%), Potassium: 143.38mg (4.1%), Vitamin A: 155.66IU (3.11%), Vitamin B6: 0.06mg (3.11%), Vitamin E: 0.44mg (2.96%), Iron: 0.48mg (2.68%), Vitamin B2: 0.04mg (2.45%), Vitamin K: 2.51µg (2.39%), Vitamin B5: 0.18mg (1.79%), Calcium: 17.65mg (1.76%), Folate: 5.65µg (1.41%), Vitamin B3: 0.25mg (1.23%)