



## Apple Crisp

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



325 kcal

DESSERT

### Ingredients

- 0.3 cup brown sugar
- 0.5 cup brown sugar
- 6 tablespoons butter chilled cut into pieces
- 0.8 cup flour all-purpose
- 3 tablespoons flour all-purpose
- 5 small granny smith apples cored peeled chopped
- 0.3 teaspoon ground cinnamon
- 1 tablespoon juice of lemon

- 2 tablespoons maple syrup
- 0.3 cup pecans coarsely chopped
- 0.3 cup pecans finely chopped
- 0.3 teaspoon salt

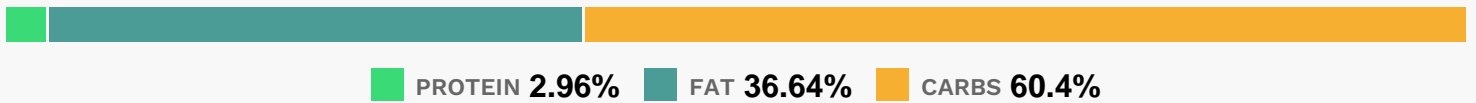
## Equipment

- bowl
- oven
- ramekin

## Directions

- Watch how to make this recipe.
- Mix all the ingredients together.
- Place into 7 to 8-ounce ramekins.
- Preheat oven to 350 degrees F.
- Mix the flour, brown sugar, cinnamon and salt in large bowl. Blend the butter into the mixture until it forms pea size lumps. Stir in pecans and sprinkle over filling.
- Bake crisps for 35 to 40 minutes. Cool 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:36.69, Glycemic Load:12.68, Inflammation Score:-4, Nutrition Score:6.3578260385472%

## Flavonoids

Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 7.07mg, Epicatechin: 7.07mg, Epicatechin: 7.07mg, Epicatechin: 7.07mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin

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## Nutrients (% of daily need)

Calories: 324.83kcal (16.24%), Fat: 13.73g (21.12%), Saturated Fat: 5.87g (36.67%), Carbohydrates: 50.92g (16.97%), Net Carbohydrates: 47.6g (17.31%), Sugar: 35.27g (39.19%), Cholesterol: 22.58mg (7.53%), Sodium: 148.3mg (6.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.99%), Manganese: 0.58mg (28.96%), Fiber: 3.32g (13.28%), Vitamin B1: 0.18mg (11.94%), Vitamin B2: 0.17mg (10.13%), Selenium: 5.57µg (7.96%), Folate: 31.81µg (7.95%), Copper: 0.14mg (6.96%), Vitamin A: 316.79IU (6.34%), Iron: 1.14mg (6.31%), Vitamin C: 5.09mg (6.17%), Potassium: 189.59mg (5.42%), Vitamin B3: 1.06mg (5.29%), Magnesium: 19.57mg (4.89%), Phosphorus: 48.43mg (4.84%), Calcium: 40.31mg (4.03%), Vitamin B6: 0.07mg (3.48%), Vitamin E: 0.52mg (3.46%), Zinc: 0.5mg (3.34%), Vitamin K: 3.09µg (2.94%), Vitamin B5: 0.22mg (2.24%)