



Apple Crisp

READY IN



70 min.

SERVINGS



8

CALORIES



483 kcal

DESSERT

Ingredients

- 8 tablespoons lightly butter salted for baking dish cut into cubes, plus 1 tablespoon
- 0.8 cup flour all-purpose
- 3 pounds granny smith apples peeled
- 0.5 teaspoon ground cinnamon
- 8 servings ice cream for serving
- 1.3 teaspoons kosher salt divided
- 1 lemon zest juiced for garnish, optional
- 1 cup brown sugar light
- 1 tablespoon blackstrap molasses

- 0.1 teaspoon nutmeg freshly ground
- 1 orange zest juiced
- 0.5 teaspoon powdered ginger

Equipment

- bowl
- baking sheet
- oven
- knife
- baking pan

Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F.
- Put the apples on a flat surface.
- Cut the cheeks from the apple, to remove the core.
- Cut into fairly thin, but not too thin, slices.
- Put them in a bowl and add the lemon zest and juice and the orange zest and juice. Toss to coat the apples, then add the molasses, 1/2 teaspoon salt, the cinnamon, ginger, and the nutmeg. Toss to blend.
- In another bowl, combine the flour, brown sugar and remaining 3/4 teaspoon salt.
- Add the butter to the bowl and break it up with your fingers integrating the flour with the butter.
- Spread it out on a plate or small baking sheet and refrigerate until ready to use.
- Butter the bottom and sides of a shallow rectangular baking dish (approximately 13 inches long and 9 inches wide) with the remaining tablespoon of butter.
- Add the apples and top with the butter-flour mixture.
- Put the dish in the center of the oven and bake until the apples are tender when pierced with the tip of a knife. The topping should be golden brown as well, about 35 to 45 minutes.

Remove from the oven and set aside to cool a few minutes before serving. To serve, garnish with additional lemon zest and ice cream, if desired.

Nutrition Facts



PROTEIN 3.35% **FAT 34.4%** **CARBS 62.25%**

Properties

Glycemic Index:42.13, Glycemic Load:22.73, Inflammation Score:-6, Nutrition Score:8.6208695691565%

Flavonoids

Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 12.81mg, Epicatechin: 12.81mg, Epicatechin: 12.81mg, Epicatechin: 12.81mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg

Nutrients (% of daily need)

Calories: 482.56kcal (24.13%), Fat: 19.04g (29.3%), Saturated Fat: 11.76g (73.48%), Carbohydrates: 77.55g (25.85%), Net Carbohydrates: 72.36g (26.31%), Sugar: 60.31g (67.01%), Cholesterol: 59.14mg (19.71%), Sodium: 516.88mg (22.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.33%), Fiber: 5.19g (20.76%), Vitamin B2: 0.27mg (15.74%), Vitamin A: 726.69IU (14.53%), Vitamin C: 11.23mg (13.62%), Calcium: 132.85mg (13.29%), Manganese: 0.27mg (13.29%), Potassium: 409.07mg (11.69%), Phosphorus: 106.66mg (10.67%), Vitamin B1: 0.15mg (10.14%), Selenium: 6.17µg (8.82%), Folate: 31.14µg (7.78%), Magnesium: 29.98mg (7.49%), Vitamin B6: 0.14mg (7%), Iron: 1.18mg (6.56%), Vitamin B5: 0.62mg (6.21%), Vitamin E: 0.84mg (5.63%), Copper: 0.11mg (5.34%), Vitamin B3: 1.01mg (5.07%), Vitamin K: 5µg (4.76%), Vitamin B12: 0.28µg (4.69%), Zinc: 0.65mg (4.32%)