



Apple Crisp

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



441 kcal

DESSERT

Ingredients

- ☐ 0.8 cup brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 0.5 cup flour all-purpose
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.8 teaspoon nutmeg
- ☐ 6 servings whipped cream
- ☐ 0.5 cup rolled oats
- ☐ 4 cups baking apples are apples that have a sweet-tart balance and hold their shape when sliced

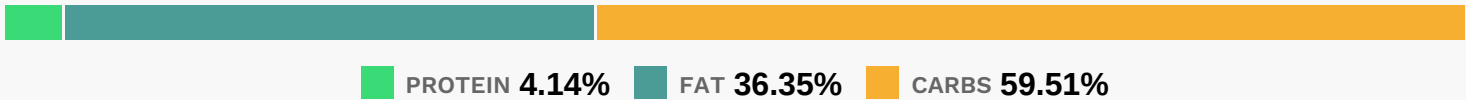
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 375F. Grease bottom and sides of 8-inch square pan with shortening.
- ☐ Spread apples in pan. In medium bowl, stir remaining ingredients except cream until well mixed; sprinkle over apples.
- ☐ Bake about 30 minutes or until topping is golden brown and apples are tender when pierced with a fork.
- ☐ Serve warm with cream.

Nutrition Facts



Properties

Glycemic Index:47.17, Glycemic Load:19.62, Inflammation Score:-6, Nutrition Score:7.9417390771534%

Flavonoids

Cyanidin: 1.31mg, Cyanidin: 1.31mg, Cyanidin: 1.31mg, Cyanidin: 1.31mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 6.28mg, Epicatechin: 6.28mg, Epicatechin: 6.28mg, Epicatechin: 6.28mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 440.58kcal (22.03%), Fat: 18.19g (27.98%), Saturated Fat: 6.77g (42.3%), Carbohydrates: 67.01g (22.34%), Net Carbohydrates: 63.4g (23.06%), Sugar: 49.51g (55.01%), Cholesterol: 29.04mg (9.68%), Sodium: 180.93mg (7.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.33%), Manganese: 0.42mg (20.96%), Vitamin

A: 774.95IU (15.5%), Vitamin B2: 0.25mg (14.52%), Fiber: 3.61g (14.44%), Calcium: 124.13mg (12.41%), Phosphorus: 122.11mg (12.21%), Vitamin B1: 0.16mg (10.42%), Selenium: 7.01µg (10.02%), Potassium: 299.94mg (8.57%), Magnesium: 28.48mg (7.12%), Folate: 27.63µg (6.91%), Iron: 1.15mg (6.41%), Vitamin B5: 0.6mg (6.03%), Zinc: 0.83mg (5.51%), Vitamin E: 0.78mg (5.2%), Vitamin C: 4.27mg (5.18%), Copper: 0.1mg (4.77%), Vitamin B6: 0.09mg (4.52%), Vitamin B12: 0.27µg (4.5%), Vitamin B3: 0.88mg (4.41%), Vitamin K: 2.28µg (2.17%)