



Apple Crisp

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



304 kcal

DESSERT

Ingredients

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

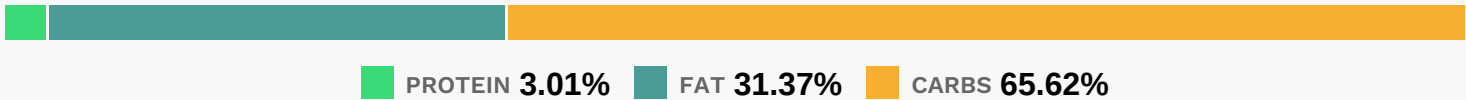
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 375°F. 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:37, Glycemic Load:10.4, Inflammation Score:-5, Nutrition Score:5.340000026252%

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: 303.96kcal (15.2%), Fat: 10.93g (16.82%), Saturated Fat: 2.29g (14.29%), Carbohydrates: 51.44g (17.15%), Net Carbohydrates: 48.29g (17.56%), Sugar: 35.51g (39.46%), Cholesterol: 0mg (0%), Sodium: 128.13mg (5.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.71%), Manganese: 0.41mg (20.7%), Fiber: 3.15g (12.59%),

Vitamin A: 497.09IU (9.94%), Vitamin B1: 0.13mg (8.61%), Selenium: 5.83µg (8.32%), Folate: 24.33µg (6.08%), Iron: 1.09mg (6.08%), Phosphorus: 52.81mg (5.28%), Vitamin B2: 0.09mg (5.21%), Potassium: 168.6mg (4.82%), Magnesium: 19.24mg (4.81%), Vitamin C: 3.88mg (4.7%), Vitamin B3: 0.81mg (4.03%), Copper: 0.08mg (4.01%), Calcium: 39.65mg (3.96%), Vitamin E: 0.58mg (3.88%), Vitamin B6: 0.06mg (2.94%), Zinc: 0.37mg (2.47%), Vitamin B5: 0.22mg (2.2%), Vitamin K: 2.08µg (1.98%)