



Apple Crisp

READY IN



75 min.

SERVINGS



8

CALORIES



423 kcal

DESSERT

Ingredients

- ☐ 2 pounds apples sweet firm (4 to 5 medium-large apples)
- ☐ 0.7 cup t brown sugar dark packed
- ☐ 1 cup flour all-purpose
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 8 servings whipped cream
- ☐ 0.1 teaspoon salt
- ☐ 8 tablespoons butter unsalted chilled cut into 1/2-inch pieces and (1 stick)
- ☐ 1 cup water

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ baking pan

Directions

- ☐ In a medium bowl, whisk together the flour, brown sugar, cinnamon, and salt.
- ☐ Add the butter pieces and use your fingers to rub the mixture together until the butter is incorporated and the mixture resembles coarse crumbs. Cover with plastic wrap and place in the refrigerator to chill while you prepare the apple filling.
- ☐ Position a rack in the center of the oven and preheat to 375°F.
- ☐ Peel the apples and cut them in half lengthwise. Scoop out the cores and discard.
- ☐ Cut the apple halves lengthwise into 1/2- to 3/4-inch-thick slices—there should be about 6 cups total.
- ☐ Transfer the apple slices to an ungreased 8-inch-square baking dish and spread them out evenly.
- ☐ Drizzle up to 1/4 cup of water over the apples—use less water if the apples are particularly juicy.
- ☐ Scatter the crisp topping evenly over the fruit without pressing down on it.
- ☐ Bake until the topping is browned, the apples are tender when pierced with a knife, and the juices are bubbling, about 45 to 50 minutes.
- ☐ Transfer to a wire rack to cool for 10 minutes.
- ☐ Serve warm, with or without a scoop of vanilla ice cream or a drizzle of heavy cream. DO AHEAD: Apple crisp can be baked, cooled completely, covered, and kept at room temperature for 1 day. Reheat, uncovered, in a warm oven until heated through.

Nutrition Facts



PROTEIN 4.03% **FAT 39.39%** **CARBS 56.58%**

Properties

Glycemic Index:21.63, Glycemic Load:21.99, Inflammation Score:-5, Nutrition Score:7.50086953329%

Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

Nutrients (% of daily need)

Calories: 422.97kcal (21.15%), Fat: 18.96g (29.17%), Saturated Fat: 11.73g (73.31%), Carbohydrates: 61.29g (20.43%), Net Carbohydrates: 57.59g (20.94%), Sugar: 43.62g (48.47%), Cholesterol: 59.14mg (19.71%), Sodium: 98.75mg (4.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.73%), Vitamin B2: 0.27mg (15.88%), Fiber: 3.7g (14.82%), Vitamin A: 689.51IU (13.79%), Calcium: 114.99mg (11.5%), Vitamin B1: 0.17mg (11.32%), Phosphorus: 102.86mg (10.29%), Manganese: 0.2mg (9.83%), Selenium: 6.85µg (9.79%), Folate: 35.91µg (8.98%), Potassium: 297.95mg (8.51%), Vitamin C: 5.62mg (6.81%), Iron: 1.07mg (5.94%), Vitamin B3: 1.13mg (5.65%), Vitamin B5: 0.56mg (5.61%), Magnesium: 20.69mg (5.17%), Vitamin E: 0.74mg (4.94%), Vitamin B12: 0.28µg (4.69%), Vitamin B6: 0.09mg (4.66%), Zinc: 0.63mg (4.23%), Copper: 0.08mg (4.23%), Vitamin K: 3.78µg (3.6%), Vitamin D: 0.34µg (2.28%)