



Apple Crisp

 Vegetarian

READY IN



86 min.

SERVINGS



8

CALORIES



293 kcal

DESSERT

Ingredients

- 0.8 cup brown sugar packed
- 6 tablespoons butter chilled cut into pieces
- 0.7 cup flour all-purpose
- 7 cups fuji apple peeled sliced
- 0.3 cup granulated sugar
- 2 teaspoons ground cinnamon divided
- 1 tablespoon juice of lemon fresh
- 1 teaspoon lemon zest grated

- 0.5 cup oats
- 0.3 teaspoon salt

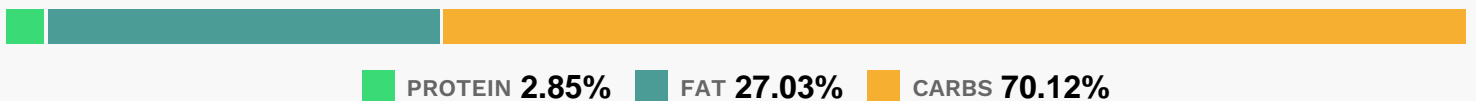
Equipment

- bowl
- oven
- knife
- blender
- baking pan
- measuring cup

Directions

- Preheat oven to 40
- Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, brown sugar, oats, 1 teaspoon cinnamon, salt, and, if desired, nutmeg, in a bowl.
- Add butter; beat with a mixer at low speed 3 minutes or until moist and crumbly.
- Place apple in a large bowl; sprinkle with lemon rind and lemon juice, and toss well.
- Sprinkle with granulated sugar and remaining 1 teaspoon cinnamon; toss well. Spoon apple mixture into an 8-inch square glass or ceramic baking dish coated with cooking spray.
- Sprinkle brown sugar mixture over apple mixture.
- Bake, uncovered, at 400 for 15 minutes. Reduce oven temperature to 35
- Bake an additional 40 to 50 minutes or until apples are tender and topping is crisp and brown.
- Let stand 15 minutes.

Nutrition Facts



Properties

Glycemic Index:34.01, Glycemic Load:15.28, Inflammation Score:-4, Nutrition Score:5.3060869056246%

Flavonoids

Cyanidin: 1.72mg, Cyanidin: 1.72mg, Cyanidin: 1.72mg, Cyanidin: 1.72mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 8.24mg, Epicatechin: 8.24mg, Epicatechin: 8.24mg, Epicatechin: 8.24mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg

Nutrients (% of daily need)

Calories: 293.49kcal (14.67%), Fat: 9.17g (14.1%), Saturated Fat: 5.5g (34.39%), Carbohydrates: 53.51g (17.84%), Net Carbohydrates: 49.79g (18.11%), Sugar: 37.77g (41.97%), Cholesterol: 22.58mg (7.53%), Sodium: 147.71mg (6.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.35%), Manganese: 0.39mg (19.72%), Fiber: 3.72g (14.86%), Vitamin B1: 0.12mg (8.33%), Selenium: 5.41µg (7.72%), Vitamin C: 6.1mg (7.39%), Vitamin A: 323.17IU (6.46%), Folate: 24.92µg (6.23%), Iron: 1.03mg (5.71%), Vitamin B2: 0.09mg (5.48%), Potassium: 181.1mg (5.17%), Phosphorus: 47.9mg (4.79%), Magnesium: 17.27mg (4.32%), Vitamin B3: 0.81mg (4.04%), Copper: 0.08mg (3.84%), Calcium: 35.96mg (3.6%), Vitamin B6: 0.07mg (3.27%), Vitamin K: 3.43µg (3.27%), Vitamin E: 0.48mg (3.22%), Zinc: 0.33mg (2.19%), Vitamin B5: 0.21mg (2.13%)