



Apple Crisp

READY IN



110 min.

SERVINGS



9

CALORIES



436 kcal

DESSERT

Ingredients

- ☐ 7 medium apples
- ☐ 2.5 oz apricot dried coarsely chopped
- ☐ 9 servings whipped cream frozen
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 orange juice grated
- ☐ 1.7 oz oats
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup apples (1.75–3.5 oz)
- ☐ 3.5 oz sugar

- ☐ 2.3 oz flour all-purpose
- ☐ 2.5 oz butter unsalted melted
- ☐ 0.7 cup walnut pieces coarsely chopped

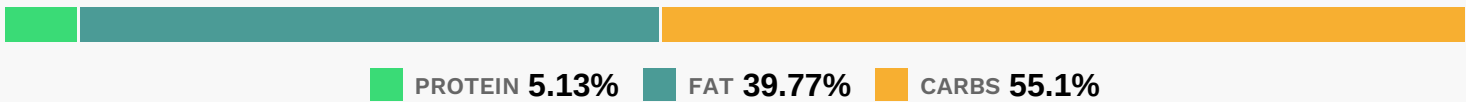
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Position rack in lower third of the oven; preheat to 350F. Liberally butter a 2-quart, 2-inch deep baking dish.
- ☐ Combine all ingredients in a bowl and mix well. Set aside.
- ☐ Combine orange zest, juice, and chopped apricots in small bowl.
- ☐ Let apricots soften while you prepare apples.
- ☐ Mix sugar and cinnamon in large bowl. Quarter and core the apples.
- ☐ Cut each quarter into 3 or 4 chunks. Toss the apples with the cinnamon sugar. Stir in the apricots and juice.
- ☐ Scrape the mixture into the buttered baking dish and spread it evenly. Distribute the crumbly topping evenly over the apples.
- ☐ Bake for 1 1/4–1 1/2 hours, until the crisp is browned on top and the juices are bubbling and thickened. (If your apples were a little dry, you may not see any juices toward the end of the baking time; if so, the browned topping is your cue to doneness.)
- ☐ Serve warm or cold. Top with ice cream or frozen yogurt, if desired.

Nutrition Facts



Properties

Glycemic Index:46.72, Glycemic Load:29.25, Inflammation Score:-7, Nutrition Score:10.645217413488%

Flavonoids

Cyanidin: 2.51mg, Cyanidin: 2.51mg, Cyanidin: 2.51mg, Cyanidin: 2.51mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 10.92mg, Epicatechin: 10.92mg, Epicatechin: 10.92mg, Epicatechin: 10.92mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg

Nutrients (% of daily need)

Calories: 435.65kcal (21.78%), Fat: 20.04g (30.84%), Saturated Fat: 9.17g (57.32%), Carbohydrates: 62.49g (20.83%), Net Carbohydrates: 56.55g (20.56%), Sugar: 45.15g (50.17%), Cholesterol: 45.97mg (15.32%), Sodium: 89.03mg (3.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.62%), Manganese: 0.65mg (32.4%), Fiber: 5.95g (23.78%), Vitamin A: 852.5IU (17.05%), Vitamin B2: 0.26mg (15.58%), Phosphorus: 152.96mg (15.3%), Potassium: 458.89mg (13.11%), Vitamin C: 10.6mg (12.85%), Copper: 0.26mg (12.77%), Calcium: 114.75mg (11.48%), Vitamin B1: 0.17mg (11.23%), Magnesium: 42.46mg (10.62%), Folate: 33.81µg (8.45%), Selenium: 5.85µg (8.36%), Vitamin B6: 0.16mg (8.03%), Vitamin E: 1.08mg (7.18%), Iron: 1.28mg (7.13%), Zinc: 1.07mg (7.11%), Vitamin B5: 0.67mg (6.73%), Vitamin B3: 1.02mg (5.1%), Vitamin B12: 0.27µg (4.51%), Vitamin K: 4.62µg (4.4%), Vitamin D: 0.25µg (1.67%)