



Apple Crisp



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



225 kcal

Ingredients

- ☐ 0.3 cup apple juice
- ☐ 4 medium apples peeled sliced
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg
- ☐ 2 teaspoons juice of lemon
- ☐ 2 tablespoons butter
- ☐ 0.5 cup oats uncooked
- ☐ 2 tablespoons walnut pieces chopped

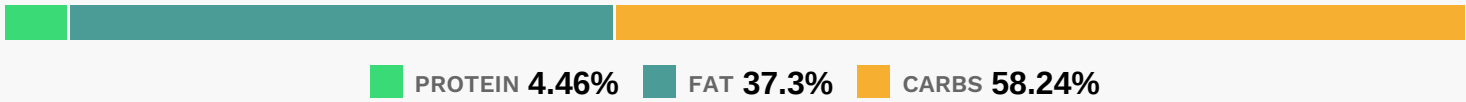
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Combine apple, apple juice, 1 tablespoon sweetener, lemon juice, cinnamon, and nutmeg; toss lightly to coat apple.
- ☐ Place in an 8-inch square baking dish.
- ☐ Combine oats, nuts, remaining 1 tablespoon sweetener, and margarine; sprinkle over apple mixture.
- ☐ Bake at 375 for 30 minutes or until apple is tender and topping is lightly browned.
- ☐ Serve warm. Top with ice cream, if desired (ice cream not included in analysis).

Nutrition Facts



Properties

Glycemic Index:51.94, Glycemic Load:9.77, Inflammation Score:-5, Nutrition Score:6.8634783129977%

Flavonoids

Cyanidin: 3mg, Cyanidin: 3mg, Cyanidin: 3mg, Cyanidin: 3mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.56mg, Catechin: 2.56mg, Catechin: 2.56mg, Catechin: 2.56mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 14.43mg, Epicatechin: 14.43mg, Epicatechin: 14.43mg, Epicatechin: 14.43mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.4mg, Quercetin: 7.4mg, Quercetin: 7.4mg, Quercetin: 7.4mg

Nutrients (% of daily need)

Calories: 225.04kcal (11.25%), Fat: 9.94g (15.29%), Saturated Fat: 1.68g (10.48%), Carbohydrates: 34.91g (11.64%), Net Carbohydrates: 28.99g (10.54%), Sugar: 20.75g (23.06%), Cholesterol: 0mg (0%), Sodium: 69.23mg (3.01%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.35%), Manganese: 0.66mg (33.07%), Fiber: 5.92g (23.7%), Vitamin C: 9.57mg (11.6%), Copper: 0.17mg (8.63%), Phosphorus: 82.2mg (8.22%), Magnesium: 32.5mg (8.13%), Potassium: 276.16mg (7.89%), Vitamin A: 350.84IU (7.02%), Vitamin B1: 0.1mg (6.64%), Vitamin B6: 0.12mg (5.84%), Iron: 0.84mg (4.67%), Selenium: 3.2µg (4.57%), Vitamin B2: 0.08mg (4.49%), Vitamin E: 0.63mg (4.22%), Vitamin K: 4.42µg (4.21%), Zinc: 0.61mg (4.05%), Folate: 14.28µg (3.57%), Calcium: 27.32mg (2.73%), Vitamin B5: 0.27mg (2.71%), Vitamin B3: 0.36mg (1.78%)