



Apple Crisp



Vegetarian



Gluten Free



Popular

READY IN



60 min.

SERVINGS



8

CALORIES



329 kcal

DESSERT

Ingredients

- ☐ 7 tart apples cored peeled sliced
- ☐ 4 teaspoons juice of lemon fresh
- ☐ 0.5 teaspoon vanilla
- ☐ 1 cup brown sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 cup rolled oats
- ☐ 0.5 cup butter room temperature

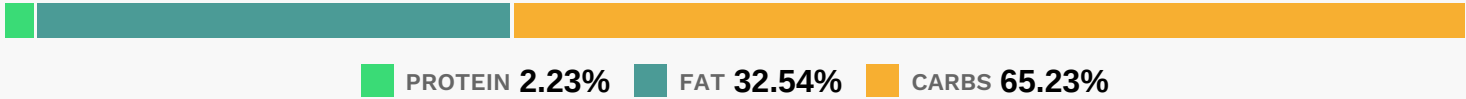
Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Preheat oven to 375°F.
- ☐ In a mixing bowl, combine apples, lemon juice, and vanilla. Toss to combine.
- ☐ Layer sliced apples in a 9 x 12-inch (or approximately the same size) baking pan.
- ☐ Combine brown sugar, cinnamon, and oatmeal in a bowl.
- ☐ Cut in the butter.
- ☐ Sprinkle sugar mixture over apples.
- ☐ Bake at 375°F for 45 minutes or until topping looks crunchy and apples are tender.
- ☐ Serve with whipped cream or vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:15.88, Glycemic Load:8.15, Inflammation Score:-4, Nutrition Score:5.743478283934%

Flavonoids

Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 11.99mg, Epicatechin: 11.99mg, Epicatechin: 11.99mg, Epicatechin: 11.99mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg 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: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 6.4mg, Quercetin: 6.4mg, Quercetin: 6.4mg, Quercetin: 6.4mg

Nutrients (% of daily need)

Calories: 329.03kcal (16.45%), Fat: 12.45g (19.15%), Saturated Fat: 7.45g (46.57%), Carbohydrates: 56.13g (18.71%), Net Carbohydrates: 51.21g (18.62%), Sugar: 43.44g (48.27%), Cholesterol: 30.5mg (10.17%), Sodium: 101.19mg (4.4%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 1.92g (3.84%), Manganese: 0.46mg (23.2%), Fiber: 4.92g (19.68%), Vitamin C: 8.3mg (10.06%), Vitamin A: 441.06IU (8.82%), Potassium: 250.55mg (7.16%), Phosphorus: 63.87mg (6.39%), Magnesium: 24.96mg (6.24%), Vitamin B1: 0.08mg (5%), Selenium: 3.41µg (4.87%), Copper: 0.1mg (4.83%), Iron: 0.83mg (4.63%), Vitamin K: 4.74µg (4.51%), Vitamin E: 0.67mg (4.43%), Vitamin B6: 0.09mg (4.43%), Calcium: 42.49mg (4.25%), Vitamin B2: 0.06mg (3.68%), Zinc: 0.46mg (3.05%), Vitamin B5: 0.27mg (2.66%), Folate: 9.23µg (2.31%), Vitamin B3: 0.3mg (1.5%)