



Apple Crisp with Granola Topping

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



298 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 2 teaspoons cinnamon
- ☐ 1 cup flour all-purpose
- ☐ 2 cups granola without fruit dried
- ☐ 3.5 pounds granny smith apples peeled cut into 3/4-inch pieces
- ☐ 1 cup granulated sugar
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup brown sugar light packed

- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 1 pinch salt
- ☐ 4 ounces butter unsalted

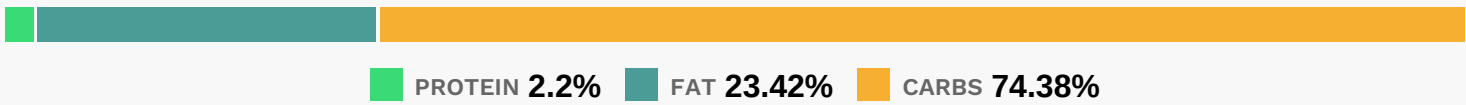
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 35
- ☐ Butter a shallow 3–quart baking dish. In a food processor, pulse 1 cup of the flour with the brown sugar, baking powder and salt. Pulse in the butter. Pulse in the granola.
- ☐ Transfer the topping to a bowl.
- ☐ In a large bowl, toss the apples with the granulated sugar, lemon juice, cinnamon, nutmeg and the remaining 2 tablespoons of flour, then spread in the baking dish.
- ☐ Sprinkle on the topping and bake for 1 hour, or until the topping is golden and the filling is bubbling.
- ☐ Let cool for 20 minutes, then serve.
- ☐ Make Ahead: Store overnight at room temperature. Reheat before serving.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:22.28, Inflammation Score:-4, Nutrition Score:5.0308696018613%

Flavonoids

Cyanidin: 2.08mg, Cyanidin: 2.08mg, Cyanidin: 2.08mg, Cyanidin: 2.08mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg

Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg
Epicatechin: 9.96mg, Epicatechin: 9.96mg, Epicatechin: 9.96mg, Epicatechin: 9.96mg Epicatechin 3–gallate:
0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg
Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg,
Epigallocatechin 3–gallate: 0.25mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol:
0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg,
Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg,
Luteolin: 0.16mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin:
5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg

Nutrients (% of daily need)

Calories: 297.61kcal (14.88%), Fat: 8.12g (12.5%), Saturated Fat: 4.93g (30.84%), Carbohydrates: 58.03g (19.34%),
Net Carbohydrates: 53.75g (19.54%), Sugar: 43.82g (48.69%), Cholesterol: 20.32mg (6.77%), Sodium: 28.23mg
(1.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.43%), Fiber: 4.29g (17.15%), Manganese: 0.2mg
(9.79%), Vitamin C: 7.45mg (9.03%), Vitamin A: 428.03IU (8.56%), Vitamin B1: 0.11mg (7.34%), Folate: 24.53µg
(6.13%), Vitamin B2: 0.1mg (6.01%), Potassium: 205.7mg (5.88%), Selenium: 3.85µg (5.5%), Vitamin K: 5.52µg
(5.26%), Iron: 0.89mg (4.94%), Vitamin B3: 0.91mg (4.55%), Copper: 0.09mg (4.48%), Phosphorus: 37.32mg
(3.73%), Vitamin B6: 0.07mg (3.52%), Calcium: 34.88mg (3.49%), Vitamin E: 0.47mg (3.15%), Magnesium: 12.37mg
(3.09%), Vitamin B5: 0.17mg (1.68%), Zinc: 0.18mg (1.22%)