



Apple Crisp with Oat Topping

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



722 kcal

DESSERT

Ingredients

- ☐ 6 apples cored peeled sliced
- ☐ 1 cup brown sugar
- ☐ 0.5 cup butter cold
- ☐ 0.8 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.8 cup old-fashioned oats
- ☐ 2 tablespoons sugar white

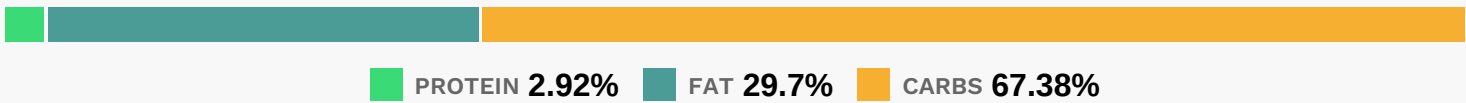
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ pastry cutter

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Toss apples with white sugar and 1/2 teaspoon cinnamon in a medium bowl to coat; pour into a 9-inch square baking dish.
- ☐ Mix brown sugar, oats, flour, and 1 teaspoon cinnamon in a separate bowl. Use a pastry cutter or 2 forks to mash cold butter into the oats mixture until the mixture resembles coarse crumbs; spread over the apples to the edges of the baking dish. Pat the topping gently until even.
- ☐ Bake in preheated oven until golden brown and sides are bubbling, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:68.02, Glycemic Load:30.6, Inflammation Score:-7, Nutrition Score:12.8956520376%

Flavonoids

Cyanidin: 4.29mg, Cyanidin: 4.29mg, Cyanidin: 4.29mg, Cyanidin: 4.29mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.55mg, Catechin: 3.55mg, Catechin: 3.55mg, Catechin: 3.55mg Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg Epicatechin: 20.56mg, Epicatechin: 20.56mg, Epicatechin: 20.56mg, Epicatechin: 20.56mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Quercetin: 10.95mg, Quercetin: 10.95mg, Quercetin: 10.95mg, Quercetin: 10.95mg

Nutrients (% of daily need)

Calories: 721.67kcal (36.08%), Fat: 24.72g (38.03%), Saturated Fat: 14.87g (92.92%), Carbohydrates: 126.2g (42.07%), Net Carbohydrates: 117.22g (42.62%), Sugar: 87.97g (97.75%), Cholesterol: 61.01mg (20.34%), Sodium:

202.07mg (8.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.93%), Manganese: 0.93mg (46.5%), Fiber: 8.99g (35.94%), Vitamin B1: 0.3mg (20.12%), Selenium: 13.33µg (19.05%), Vitamin A: 857.99IU (17.16%), Vitamin C: 12.58mg (15.24%), Folate: 57.38µg (14.34%), Iron: 2.5mg (13.9%), Vitamin B2: 0.22mg (13.02%), Potassium: 454.46mg (12.98%), Phosphorus: 127mg (12.7%), Magnesium: 45.6mg (11.4%), Copper: 0.19mg (9.74%), Vitamin B3: 1.88mg (9.41%), Calcium: 85.33mg (8.53%), Vitamin E: 1.24mg (8.26%), Vitamin K: 8.52µg (8.12%), Vitamin B6: 0.16mg (8.08%), Zinc: 0.88mg (5.86%), Vitamin B5: 0.55mg (5.45%)