



Apple Crumble

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



326 kcal

DESSERT

Ingredients

- 2 lb apples peeled chopped
- 8 oz philadelphia honey pecan cream cheese spread
- 4 tsp ground cinnamon
- 0.3 cup sugar
- 2.7 cups vanilla wafers crushed

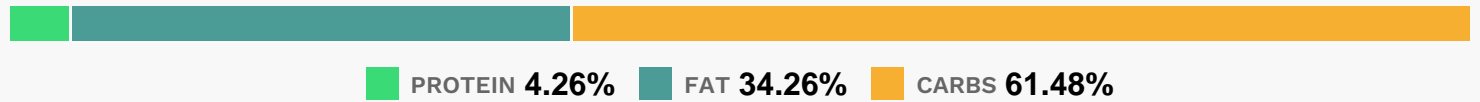
Equipment

- oven

Directions

- Heat oven to 400F.
- Mix cream cheese spread and wafer crumbs with fork until mixture resembles coarse crumbs. (Do not overmix.)
- Toss apples with sugar and cinnamon; spoon into 1-1/2-qt. casserole.
- Sprinkle with crumb mixture.
- Bake 15 to 20 min. or until topping is lightly browned and apples are tender.
- Serve warm. Refrigerate leftovers.

Nutrition Facts



Properties

Glycemic Index:23.01, Glycemic Load:28.76, Inflammation Score:-3, Nutrition Score:4.364782595764%

Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

Nutrients (% of daily need)

Calories: 325.95kcal (16.3%), Fat: 12.75g (19.62%), Saturated Fat: 6.08g (37.97%), Carbohydrates: 51.48g (17.16%), Net Carbohydrates: 47.56g (17.29%), Sugar: 30.52g (33.92%), Cholesterol: 17.94mg (5.98%), Sodium: 280.27mg (12.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.14%), Fiber: 3.93g (15.7%), Manganese: 0.27mg (13.35%), Vitamin B1: 0.17mg (11.57%), Folate: 35.75µg (8.94%), Vitamin B2: 0.12mg (6.8%), Vitamin A: 334.39IU (6.69%), Vitamin C: 5.27mg (6.38%), Calcium: 53.91mg (5.39%), Vitamin B3: 1.07mg (5.37%), Potassium: 157.86mg (4.51%), Phosphorus: 28.71mg (2.87%), Vitamin K: 2.9µg (2.76%), Vitamin B6: 0.05mg (2.43%), Copper: 0.04mg (1.77%), Magnesium: 6.45mg (1.61%), Vitamin E: 0.23mg (1.56%), Iron: 0.25mg (1.37%)