



Apple Crumble and Vanilla Ice Cream

READY IN



45 min.

SERVINGS



12

CALORIES



560 kcal

DESSERT

Ingredients

- ☐ 1 cup flour
- ☐ 1.5 cups brown sugar packed ()
- ☐ 4 pounds apples i use 2 granny smith apples cored peeled halved cut into 6 slices
- ☐ 1 tablespoon ground cinnamon
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2.5 cups oats
- ☐ 1 cup butter unsalted chilled cut into 1/2-inch cubes (2 sticks)
- ☐ 12 servings whipped cream

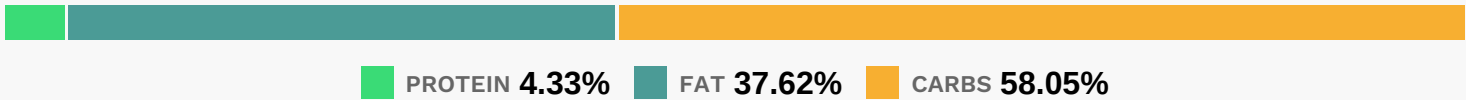
Equipment

- ☐ bowl
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Mix oats, 1 cup sugar, and flour in bowl.
- ☐ Add butter; rub in with fingertips until topping comes together in moist clumps. (Can be made 1 day ahead. Cover; chill.)
- ☐ Preheat oven to 375°F. Spray 13x9x2-inch glass baking dish with nonstick spray.
- ☐ Mix apples, lemon juice, cinnamon, and 1/2 cup brown sugar in bowl.
- ☐ Transfer to dish.
- ☐ Sprinkle topping over.
- ☐ Bake crumble until apples are tender and topping is brown and crisp, about 55 minutes. Cool slightly. Spoon warm crumble into bowls.
- ☐ Serve with ice cream.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:24.39, Inflammation Score:-6, Nutrition Score:11.733913131382%

Flavonoids

Cyanidin: 2.37mg, Cyanidin: 2.37mg, Cyanidin: 2.37mg, Cyanidin: 2.37mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 11.39mg, Epicatechin: 11.39mg, Epicatechin: 11.39mg, Epicatechin: 11.39mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg

0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg

Nutrients (% of daily need)

Calories: 559.78kcal (27.99%), Fat: 24.08g (37.05%), Saturated Fat: 14.45g (90.3%), Carbohydrates: 83.61g (27.87%), Net Carbohydrates: 77.17g (28.06%), Sugar: 56.71g (63.01%), Cholesterol: 69.71mg (23.24%), Sodium: 65.42mg (2.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.24g (12.48%), Manganese: 0.88mg (43.88%), Fiber: 6.44g (25.77%), Phosphorus: 172.81mg (17.28%), Vitamin A: 834.43IU (16.69%), Vitamin B2: 0.28mg (16.62%), Selenium: 10.14µg (14.49%), Vitamin B1: 0.21mg (14.28%), Calcium: 138.17mg (13.82%), Potassium: 413.27mg (11.81%), Magnesium: 45.88mg (11.47%), Vitamin C: 8.83mg (10.7%), Iron: 1.7mg (9.44%), Folate: 33.94µg (8.48%), Zinc: 1.24mg (8.29%), Copper: 0.16mg (7.79%), Vitamin B5: 0.77mg (7.75%), Vitamin E: 1.01mg (6.72%), Vitamin B6: 0.13mg (6.49%), Vitamin B3: 1.07mg (5.34%), Vitamin K: 5.43µg (5.17%), Vitamin B12: 0.29µg (4.83%), Vitamin D: 0.42µg (2.77%)