



Apple Crumble with Golden Raisins

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



226 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 1 tablespoon butter chilled cut into small pieces
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 tablespoon golden raisins
- ☐ 1.5 cups apples i use 2 granny smith apples diced peeled
- ☐ 2 tablespoons granulated sugar divided
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon juice of lemon fresh

☐ 2 tablespoons orange juice fresh

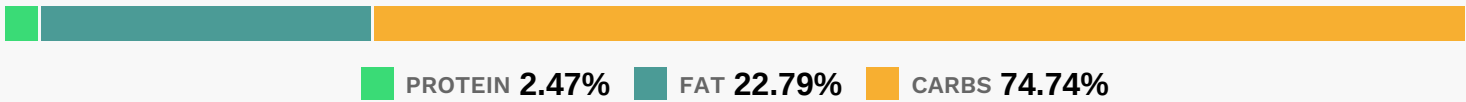
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ ramekin

Directions

- ☐ Preheat oven to 37
- ☐ Combine flour, 1 tablespoon granulated sugar, and brown sugar in a medium bowl.
- ☐ Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Combine 1 tablespoon granulated sugar, apple, and next 4 ingredients (apple through cinnamon), tossing well. Divide apple mixture evenly between 2 (6-ounce) ramekins coated with cooking spray.
- ☐ Sprinkle evenly with flour mixture.
- ☐ Bake at 375 for 30 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:170.38, Glycemic Load:20.05, Inflammation Score:-3, Nutrition Score:4.2347825953494%

Flavonoids

Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.38mg,

Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg

Nutrients (% of daily need)

Calories: 226.12kcal (11.31%), Fat: 6.02g (9.26%), Saturated Fat: 3.65g (22.83%), Carbohydrates: 44.42g (14.81%), Net Carbohydrates: 41.57g (15.11%), Sugar: 33.47g (37.19%), Cholesterol: 15.05mg (5.02%), Sodium: 48.99mg (2.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.94%), Vitamin C: 13.54mg (16.41%), Fiber: 2.86g (11.43%), Manganese: 0.14mg (6.79%), Vitamin B1: 0.09mg (6.09%), Potassium: 210.01mg (6%), Folate: 22.39µg (5.6%), Vitamin A: 260IU (5.2%), Vitamin B2: 0.09mg (5.04%), Selenium: 2.83µg (4.04%), Iron: 0.69mg (3.83%), Vitamin B6: 0.08mg (3.81%), Copper: 0.08mg (3.76%), Vitamin B3: 0.69mg (3.47%), Phosphorus: 32.03mg (3.2%), Magnesium: 11.66mg (2.92%), Vitamin K: 2.89µg (2.76%), Vitamin E: 0.36mg (2.37%), Calcium: 20.7mg (2.07%), Vitamin B5: 0.15mg (1.51%)