



Apple-Ginger-Cranberry Crisp

READY IN



85 min.

SERVINGS



12

CALORIES



335 kcal

DESSERT

Ingredients

- 4.5 cups baking apples are apples that have a sweet-tart balance and hold their shape when peeled sliced
- 2 cups gala apple peeled sliced
- 2 cups cranberries fresh thaw (do not)
- 1 cup brown sugar packed
- 3 tablespoons flour all-purpose
- 3 tablespoons butter cold cut into 6 pieces
- 2 tablespoons juice of lemon
- 2 teaspoons ginger grated

- 1.5 teaspoons ground cinnamon
- 1 cup flour all-purpose
- 0.5 cup rolled oats
- 0.5 cup brown sugar packed
- 3 tablespoons candied ginger finely chopped
- 0.5 cup butter cold cut into 8 pieces
- 0.3 cup walnut pieces chopped
- 1 serving whipped cream

Equipment

- bowl
- frying pan
- oven
- blender

Directions

- In large bowl, mix all filling ingredients.
- Let stand 30 minutes.
- Heat oven to 400°F. Spray 13x9-inch pan with cooking spray. Spoon apple mixture into pan.
- In medium bowl, mix 1 cup flour, the oats, 1/2 cup brown sugar and the ginger.
- Cut in 1/2 cup butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture is crumbly. Stir in walnuts.
- Sprinkle evenly over apples.
- Bake 40 minutes or until apples are tender when pierced with fork and topping is golden brown.
- Serve with ice cream.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:11.48, Inflammation Score:-5, Nutrition Score:6.0195651653668%

Flavonoids

Cyanidin: 8.87mg, Cyanidin: 8.87mg, Cyanidin: 8.87mg, Cyanidin: 8.87mg Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 8.21mg, Peonidin: 8.21mg, Peonidin: 8.21mg, Peonidin: 8.21mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 5.83mg, Epicatechin: 5.83mg, Epicatechin: 5.83mg, Epicatechin: 5.83mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 5.2mg, Quercetin: 5.2mg, Quercetin: 5.2mg, Quercetin: 5.2mg

Nutrients (% of daily need)

Calories: 334.81kcal (16.74%), Fat: 13.14g (20.21%), Saturated Fat: 3.98g (24.88%), Carbohydrates: 54.11g (18.04%), Net Carbohydrates: 50.86g (18.5%), Sugar: 37.69g (41.88%), Cholesterol: 9.94mg (3.32%), Sodium: 125.78mg (5.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.41%), Manganese: 0.44mg (21.81%), Fiber: 3.25g (12.99%), Vitamin A: 496.88IU (9.94%), Vitamin B1: 0.14mg (9.2%), Selenium: 5.76µg (8.22%), Vitamin C: 6.53mg (7.91%), Folate: 29.46µg (7.37%), Vitamin B2: 0.11mg (6.41%), Iron: 1.13mg (6.28%), Copper: 0.11mg (5.67%), Phosphorus: 55.21mg (5.52%), Vitamin E: 0.78mg (5.21%), Potassium: 179.28mg (5.12%), Magnesium: 19.65mg (4.91%), Calcium: 47.64mg (4.76%), Vitamin B3: 0.92mg (4.59%), Vitamin B6: 0.08mg (3.8%), Vitamin B5: 0.28mg (2.81%), Vitamin K: 2.83µg (2.7%), Zinc: 0.38mg (2.55%)