



Apple Oatmeal Crisp

 Vegetarian  Popular

READY IN



60 min.

SERVINGS



6

CALORIES



500 kcal

DESSERT

Ingredients

- 3 cups apples cored peeled chopped
- 1 cup brown sugar
- 0.5 cup butter melted
- 1 cup flour all-purpose
- 2 teaspoons ground cinnamon
- 1 cup rolled oats
- 0.5 cup sugar white

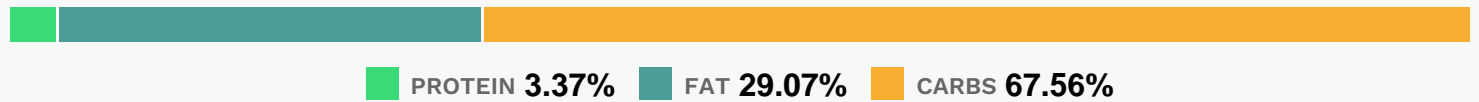
Equipment

- bowl
- frying pan
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease an 8-inch square pan.
- In a large bowl, combine brown sugar, oats, flour and butter.
- Mix until crumbly.
- Place half of crumb mixture in pan.
- Spread the apples evenly over crumb mixture.
- Sprinkle with sugar and cinnamon and top with remaining crumb mixture.
- Bake in the preheated oven for 40 to 45 minutes, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:45.35, Glycemic Load:28.55, Inflammation Score:-5, Nutrition Score:8.3817390903183%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 500.33kcal (25.02%), Fat: 16.59g (25.53%), Saturated Fat: 9.93g (62.03%), Carbohydrates: 86.79g (28.93%), Net Carbohydrates: 83.01g (30.19%), Sugar: 58.92g (65.46%), Cholesterol: 40.67mg (13.56%), Sodium: 133.99mg (5.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.66%), Manganese: 0.8mg (39.75%),

Selenium: 11.72µg (16.74%), Vitamin B1: 0.24mg (15.83%), Fiber: 3.78g (15.13%), Folate: 45.3µg (11.32%), Iron: 1.94mg (10.8%), Vitamin A: 508.44IU (10.17%), Phosphorus: 91.21mg (9.12%), Vitamin B2: 0.15mg (8.82%), Magnesium: 30.44mg (7.61%), Vitamin B3: 1.5mg (7.48%), Copper: 0.12mg (6.02%), Calcium: 55.72mg (5.57%), Potassium: 194.6mg (5.56%), Zinc: 0.7mg (4.7%), Vitamin E: 0.64mg (4.24%), Vitamin C: 2.9mg (3.52%), Vitamin B5: 0.35mg (3.52%), Vitamin B6: 0.06mg (3.25%), Vitamin K: 3.24µg (3.09%)