



Apple-Oatmeal Crumble

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



208 kcal

DESSERT

Ingredients

- 0.3 cup flour all-purpose
- 4 cups apples i use 2 granny smith apples peeled sliced
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg
- 3 tablespoons butter reduced-calorie
- 0.3 cup regular oats uncooked
- 0.3 cup orange juice fresh
- 0.5 teaspoon orange rind grated

- 0.1 teaspoon salt
- 0.5 cup sugar
- 0.3 cup lite whipped topping frozen thawed

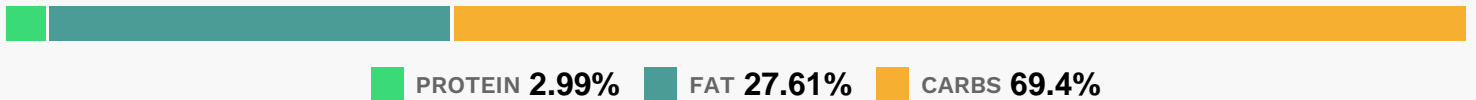
Equipment

- bowl
- frying pan
- oven
- blender

Directions

- Spoon apple slices into an 8-inch square pan; sprinkle with orange rind and juice.
- Combine oats and next 5 ingredients in a medium bowl; stir well.
- Cut in margarine with a pastry blender until mixture resembles coarse meal.
- Sprinkle mixture over apple.
- Bake at 375 for 40 to 45 minutes or until apple is tender and topping is lightly browned. Spoon into individual dessert bowls; top each serving with 1 tablespoon whipped topping.

Nutrition Facts



Properties

Glycemic Index:57.35, Glycemic Load:19.34, Inflammation Score:-4, Nutrition Score:4.1526086783927%

Flavonoids

Cyanidin: 1.31mg, Cyanidin: 1.31mg, Cyanidin: 1.31mg, Cyanidin: 1.31mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 6.28mg, Epicatechin: 6.28mg, Epicatechin: 6.28mg, Epicatechin: 6.28mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol:

0.02mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg

Nutrients (% of daily need)

Calories: 208.07kcal (10.4%), Fat: 6.64g (10.22%), Saturated Fat: 1.63g (10.18%), Carbohydrates: 37.57g (12.52%), Net Carbohydrates: 34.83g (12.66%), Sugar: 27.28g (30.31%), Cholesterol: 0.06mg (0.02%), Sodium: 118.25mg (5.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.23%), Vitamin C: 10.97mg (13.3%), Manganese: 0.26mg (13.12%), Fiber: 2.75g (10.99%), Vitamin A: 326.53IU (6.53%), Vitamin B1: 0.09mg (6%), Selenium: 3.26µg (4.66%), Folate: 17.89µg (4.47%), Potassium: 146.4mg (4.18%), Phosphorus: 39.84mg (3.98%), Vitamin B2: 0.07mg (3.96%), Magnesium: 13.76mg (3.44%), Iron: 0.59mg (3.28%), Copper: 0.06mg (2.84%), Vitamin E: 0.41mg (2.76%), Vitamin B3: 0.5mg (2.49%), Vitamin B6: 0.05mg (2.42%), Vitamin K: 2.1µg (2%), Zinc: 0.25mg (1.67%), Calcium: 16.25mg (1.62%), Vitamin B5: 0.16mg (1.58%)