



Apple-Pecan Crisp

 Dairy Free

READY IN



80 min.

SERVINGS



12

CALORIES



461 kcal

DESSERT

Ingredients

- 0.7 cup maple syrup
- 0.3 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 5.5 lb apples peeled cut into 1/2-inch slices (12 cups)
- 0.5 cup butter cold cut into pieces
- 17.5 oz basic cookie mix
- 0.8 cup pecans chopped

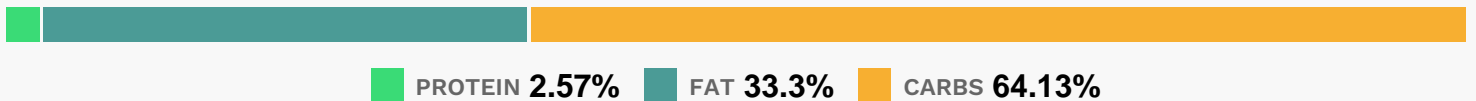
Equipment

- bowl
- oven
- blender
- baking pan
- aluminum foil
- glass baking pan

Directions

- Heat oven to 375°F.
- In large bowl, stir together syrup, flour and cinnamon until blended.
- Add apples; toss until evenly coated.
- Spread in ungreased 13x9-inch (3-quart) glass baking dish.
- In same bowl, with pastry blender (or pulling 2 table knives in opposite directions), cut butter into cookie mix until mixture looks like coarse crumbs. Stir in pecans. Crumble mixture over apples in baking dish.
- Bake 30 minutes. Very loosely cover with foil; bake 10 to 15 minutes longer or until apples are tender.

Nutrition Facts



Properties

Glycemic Index:13.21, Glycemic Load:13.45, Inflammation Score:-5, Nutrition Score:7.8469565549622%

Flavonoids

Cyanidin: 4mg, Cyanidin: 4mg, Cyanidin: 4mg, Cyanidin: 4mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 3.2mg, Catechin: 3.2mg, Catechin: 3.2mg, Catechin: 3.2mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 15.71mg, Epicatechin: 15.71mg, Epicatechin: 15.71mg, Epicatechin: 15.71mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg

Kaempferol: 0.29mg Quercetin: 8.34mg, Quercetin: 8.34mg, Quercetin: 8.34mg, Quercetin: 8.34mg

Nutrients (% of daily need)

Calories: 461.22kcal (23.06%), Fat: 17.39g (26.76%), Saturated Fat: 2.68g (16.75%), Carbohydrates: 75.35g (25.12%), Net Carbohydrates: 68.5g (24.91%), Sugar: 52.09g (57.88%), Cholesterol: 0mg (0%), Sodium: 136.36mg (5.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.05%), Manganese: 0.84mg (41.88%), Fiber: 6.85g (27.41%), Vitamin B2: 0.32mg (18.71%), Vitamin C: 9.66mg (11.71%), Vitamin A: 454.9IU (9.1%), Potassium: 316.71mg (9.05%), Vitamin B1: 0.13mg (8.34%), Copper: 0.14mg (7.11%), Magnesium: 23.35mg (5.84%), Vitamin E: 0.77mg (5.12%), Vitamin B6: 0.1mg (5.09%), Phosphorus: 46.83mg (4.68%), Vitamin K: 4.87µg (4.64%), Calcium: 41.64mg (4.16%), Iron: 0.73mg (4.03%), Zinc: 0.54mg (3.59%), Folate: 12.61µg (3.15%), Vitamin B3: 0.6mg (3.01%), Vitamin B5: 0.21mg (2.06%), Selenium: 1.15µg (1.64%)