



Apple-Pecan Crisp

READY IN



195 min.

SERVINGS



6

CALORIES



618 kcal

DESSERT

Ingredients

- ☐ 0.8 cup firmly brown sugar dark packed
- ☐ 0.5 cup butter cold
- ☐ 0.8 cup flour all-purpose
- ☐ 5 large granny smith apples peeled cut into 1/4-inch-thick slices
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoons juice of lemon
- ☐ 0.8 cup pecans toasted chopped
- ☐ 0.1 teaspoon salt
- ☐ 6 servings whipped cream

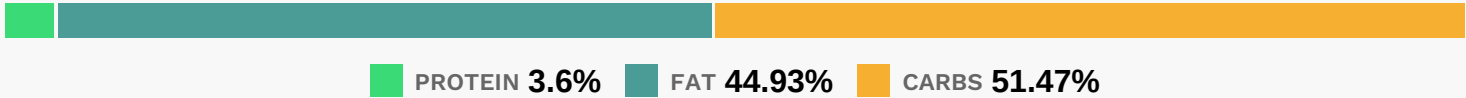
Equipment

- ☐ bowl
- ☐ blender
- ☐ slow cooker

Directions

- ☐ Place apples in a lightly greased 6-quart slow cooker; drizzle with lemon juice, and toss to coat.
- ☐ Combine flour and next 3 ingredients in a medium bowl.
- ☐ Cut butter into flour mixture with a pastry blender or two forks until mixture resembles coarse meal; sprinkle over apples.
- ☐ Cover and cook on HIGH 3 hours or until apples are tender.
- ☐ Sprinkle with pecans.
- ☐ Serve warm with ice cream.

Nutrition Facts



Properties

Glycemic Index:38.83, Glycemic Load:24.69, Inflammation Score:-7, Nutrition Score:12.041304417278%

Flavonoids

Cyanidin: 4.25mg, Cyanidin: 4.25mg, Cyanidin: 4.25mg, Cyanidin: 4.25mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 3.31mg, Catechin: 3.31mg, Catechin: 3.31mg, Catechin: 3.31mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 14.09mg, Epicatechin: 14.09mg, Epicatechin: 14.09mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.26mg, Kaempferol: 0.26mg,

Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg

Nutrients (% of daily need)

Calories: 617.7kcal (30.88%), Fat: 32g (49.23%), Saturated Fat: 15.05g (94.05%), Carbohydrates: 82.47g (27.49%), Net Carbohydrates: 75.74g (27.54%), Sugar: 60.67g (67.41%), Cholesterol: 69.71mg (23.24%), Sodium: 232.84mg (10.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.77g (11.53%), Manganese: 0.81mg (40.52%), Fiber: 6.72g (26.9%), Vitamin B2: 0.31mg (18.08%), Vitamin B1: 0.27mg (17.68%), Vitamin A: 859.15IU (17.18%), Phosphorus: 147.15mg (14.71%), Calcium: 137.67mg (13.77%), Vitamin C: 11.03mg (13.37%), Potassium: 445.35mg (12.72%), Copper: 0.25mg (12.56%), Selenium: 7.49µg (10.7%), Folate: 42.05µg (10.51%), Magnesium: 40.3mg (10.07%), Iron: 1.55mg (8.62%), Zinc: 1.23mg (8.22%), Vitamin E: 1.17mg (7.79%), Vitamin B6: 0.16mg (7.77%), Vitamin B5: 0.74mg (7.37%), Vitamin B3: 1.36mg (6.8%), Vitamin K: 6.19µg (5.9%), Vitamin B12: 0.29µg (4.83%)