



Apple- Pomegranate Crisp

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



347 kcal

DESSERT

Ingredients

- 12 servings apples
- 5 medium pink lady apples cored peeled thinly sliced
- 0.5 cup pomegranate juice
- 0.8 cup brown sugar light
- 0.8 cup brown sugar light
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground allspice
- 1 tablespoon juice of lemon

- 1 tablespoon cornstarch
- 2 cups rolled oats
- 0.5 cup flour all-purpose
- 0.3 cup apple juice
- 0.3 cup pomegranate juice
- 0.1 cup canola oil
- 0.3 brown sugar light
- 0.3 brown sugar light
- 0.3 teaspoon salt
- 0.5 cup walnut pieces chopped
- 0.3 cup butter unsalted melted

Equipment

- bowl
- frying pan
- oven

Directions

- Preheat oven to 425 degrees.
- Mix all baked apple ingredients in a large bowl until apples are well-coated.
- Spread evenly in a 9 x 9" pan or a 7 x 12" glass pan.
- Place into oven and bake, uncovered, for 10 minutes.
- While apples are baking, mix the topping. You can use the same large bowl you just dumped your apples out of.
- Throw all topping ingredients into the bowl and stir until everything is evenly coated.
- When apples are done baking, spread topping mixture evenly over the top of the apples.
- Bake for an additional 15 minutes.

Nutrition Facts



PROTEIN 3.9% FAT 26.25% CARBS 69.85%

Properties

Glycemic Index:21.65, Glycemic Load:11.34, Inflammation Score:-4, Nutrition Score:8.1091304347826%

Flavonoids

Cyanidin: 2.68mg, Cyanidin: 2.68mg, Cyanidin: 2.68mg, Cyanidin: 2.68mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 10.66mg, Epicatechin: 10.66mg, Epicatechin: 10.66mg, Epicatechin: 10.66mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg

Taste

Sweetness: 100%, Saltiness: 1.86%, Sourness: 44.55%, Bitterness: 17.43%, Savoriness: 3.69%, Fattiness: 16.46%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 347.2kcal (17.36%), Fat: 10.58g (16.27%), Saturated Fat: 3.11g (19.45%), Carbohydrates: 63.35g (21.12%), Net Carbohydrates: 58.1g (21.13%), Sugar: 43.87g (48.75%), Cholesterol: 10.17mg (3.39%), Sodium: 60.83mg (2.64%), Protein: 3.54g (7.08%), Manganese: 0.8mg (39.75%), Fiber: 5.25g (21%), Vitamin B1: 0.15mg (9.82%), Phosphorus: 97.76mg (9.78%), Copper: 0.19mg (9.71%), Magnesium: 38.59mg (9.65%), Selenium: 6.36µg (9.09%), Potassium: 302.84mg (8.65%), Vitamin C: 7.01mg (8.49%), Iron: 1.36mg (7.55%), Folate: 27.22µg (6.81%), Vitamin K: 7.1µg (6.76%), Vitamin E: 0.92mg (6.16%), Vitamin B6: 0.12mg (5.91%), Vitamin B2: 0.1mg (5.59%), Zinc: 0.77mg (5.1%), Calcium: 48.51mg (4.85%), Vitamin A: 194.68IU (3.89%), Vitamin B5: 0.38mg (3.77%), Vitamin B3: 0.72mg (3.58%)