



Apple-Prune Crisp with Hazelnut Topping

READY IN



45 min.

SERVINGS



4

CALORIES



737 kcal

DESSERT

Ingredients

- ☐ 0.3 cup flour
- ☐ 0.3 cup butter unsalted diced room temperature ()
- ☐ 0.3 cup brown sugar packed ()
- ☐ 20 ounces apples i use 2 granny smith apples diced cored peeled
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 cup hazelnuts toasted chopped
- ☐ 0.3 cup oats
- ☐ 0.5 cup prune- cut to pieces pitted chopped
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup sugar
- ☐ 4 servings whipped cream

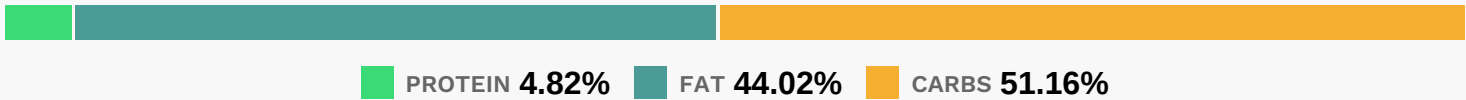
Equipment

- ☐ bowl
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 375°F. Butter 8-inch glass baking dish.
- ☐ Mix both sugars, flour, and cinnamon in large bowl.
- ☐ Mix in apples, then prunes.
- ☐ Let mixture stand 5 minutes.
- ☐ Transfer filling to prepared dish.
- ☐ Bake until beginning to bubble at edges, about 20 minutes.
- ☐ Mix first 4 ingredients in medium bowl.
- ☐ Add butter; using fingertips, rub in until moist clumps form. Rub in hazelnuts.
- ☐ Scatter topping over filling. Continue baking until topping is golden and juices are bubbling thickly, about 20 minutes. Cool slightly.
- ☐ Serve warm with ice cream.

Nutrition Facts



Properties

Glycemic Index:81.77, Glycemic Load:35.42, Inflammation Score:-7, Nutrition Score:20.483912975892%

Flavonoids

Cyanidin: 4.39mg, Cyanidin: 4.39mg, Cyanidin: 4.39mg, Cyanidin: 4.39mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.2mg, Catechin: 2.2mg, Catechin: 2.2mg, Catechin: 2.2mg Epigallocatechin: 1.2mg, Epigallocatechin:

1.2mg, Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg Epicatechin: 10.74mg, Epicatechin: 10.74mg, Epicatechin: 10.74mg, Epicatechin: 10.74mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.59mg, Epigallocatechin 3–gallate: 0.59mg, Epigallocatechin 3–gallate: 0.59mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg

Nutrients (% of daily need)

Calories: 736.6kcal (36.83%), Fat: 37.8g (58.16%), Saturated Fat: 13.24g (82.74%), Carbohydrates: 98.84g (32.95%), Net Carbohydrates: 89.27g (32.46%), Sugar: 72.84g (80.93%), Cholesterol: 59.54mg (19.85%), Sodium: 207.42mg (9.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.31g (18.62%), Manganese: 2.4mg (119.88%), Fiber: 9.57g (38.29%), Vitamin E: 5.43mg (36.17%), Copper: 0.68mg (33.86%), Vitamin B1: 0.34mg (22.71%), Phosphorus: 220.89mg (22.09%), Magnesium: 85.39mg (21.35%), Vitamin K: 21.95µg (20.9%), Potassium: 705.39mg (20.15%), Vitamin B2: 0.32mg (19.09%), Vitamin A: 887.77IU (17.76%), Calcium: 169.24mg (16.92%), Vitamin B6: 0.32mg (16.07%), Folate: 58.91µg (14.73%), Iron: 2.65mg (14.7%), Vitamin C: 8.97mg (10.88%), Zinc: 1.62mg (10.8%), Vitamin B5: 0.97mg (9.71%), Selenium: 6.58µg (9.4%), Vitamin B3: 1.71mg (8.56%), Vitamin B12: 0.28µg (4.69%), Vitamin D: 0.34µg (2.3%)