

Apple-Quince Crisp

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



220 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 0.8 cup brown sugar packed
- ☐ 1 tablespoon cornstarch
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 pounds apples i use 2 granny smith apples peeled sliced
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 2 teaspoons lemon rind grated
- ☐ 2 tablespoons butter chilled cut into small pieces
- ☐ 0.7 cup regular oats
- ☐ 6 cups quinces peeled sliced 6 quinces
- ☐ 0.3 cup water

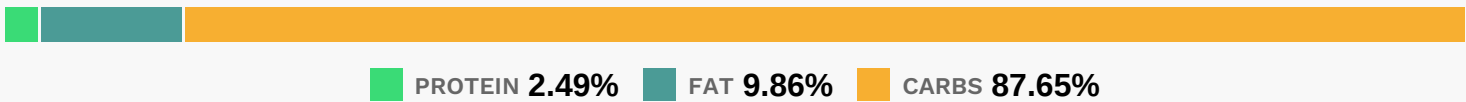
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 9 ingredients in a large bowl; toss well to coat. Spoon apple mixture into a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Place oats in a food processor, and pulse until coarsely ground.
- ☐ Add flour, 1/4 cup sugar, and margarine; pulse 10 times or until mixture resembles coarse meal.
- ☐ Sprinkle over apple mixture.
- ☐ Cover mixture, and bake at 400 for 30 minutes. Uncover, and bake 20 minutes or until the fruit is tender and the topping is crisp.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:21.42, Glycemic Load:10.05, Inflammation Score:-3, Nutrition Score:5.8130434456727%

Flavonoids

Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.87mg, Catechin: 1.87mg, Catechin: 1.87mg, Catechin: 1.87mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 6.49mg, Epicatechin: 6.49mg, Epicatechin: 6.49mg, Epicatechin: 6.49mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 219.84kcal (10.99%), Fat: 2.58g (3.96%), Saturated Fat: 0.52g (3.25%), Carbohydrates: 51.55g (17.18%), Net Carbohydrates: 46.85g (17.04%), Sugar: 25.8g (28.66%), Cholesterol: 0mg (0%), Sodium: 34.54mg (1.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.93%), Vitamin C: 22.63mg (27.43%), Fiber: 4.71g (18.82%), Manganese: 0.24mg (12.12%), Potassium: 361.13mg (10.32%), Copper: 0.21mg (10.27%), Iron: 1.32mg (7.35%), Magnesium: 21.98mg (5.5%), Phosphorus: 50.16mg (5.02%), Vitamin B6: 0.09mg (4.66%), Vitamin B1: 0.07mg (4.56%), Vitamin B2: 0.07mg (4.12%), Calcium: 38.62mg (3.86%), Selenium: 2.69µg (3.84%), Vitamin A: 177.19IU (3.54%), Folate: 10.37µg (2.59%), Vitamin B5: 0.23mg (2.29%), Vitamin B3: 0.46mg (2.29%), Zinc: 0.26mg (1.76%), Vitamin K: 1.81µg (1.72%), Vitamin E: 0.24mg (1.6%)