



Apple-Rhubarb Crisp

READY IN



45 min.

SERVINGS



10

CALORIES



437 kcal

DESSERT

Ingredients

- 1 cup firmly brown sugar packed
- 0.8 cup flour all-purpose
- 2 teaspoons ginger fresh minced
- 1.5 pounds granny smith apples
- 0.5 cup granulated sugar
- 0.5 teaspoon ground cinnamon
- 0.1 teaspoon ground cloves
- 0.4 lb butter
- 0.5 lb cranberry-orange relish

- 0.3 cup pecans
- 1 tablespoon powdered sugar
- 1 pound rhubarb rinsed
- 1 teaspoon vanilla
- 1 cup whipping cream

Equipment

- food processor
- bowl
- oven
- knife
- whisk
- blender

Directions

- Peel and core apples.
- Cut into 1-inch chunks.
- Trim and discard coarse ends and any bruised spots from rhubarb.
- Cut rhubarb into 1-inch pieces.
- Grate 1 tablespoon peel from orange.
- Cut orange in half and ream 1/4 cup juice.
- In a shallow 3-quart (9- by 13-in.) casserole, combine apples, rhubarb, orange peel, orange juice, brown sugar, cinnamon, cloves, ginger, and 2 tablespoons flour.
- Mix well.
- In a food processor, combine 3/4 cup flour, pecans, and granulated sugar; whirl until nuts are finely ground. Or mince nuts with a knife and mix with flour and sugar in bowl.
- Add butter and whirl or rub mixture with your fingers until it forms fine crumbs. Squeeze crumbs into lumps and scatter over apple-rhubarb mixture.
- Bake in a 375 oven until topping is well browned and juice bubbles at edges, about 40 minutes (35 minutes in a convection oven).

- Meanwhile, in a chilled bowl with a mixer on high speed, whip cream until it holds soft peaks; add powdered sugar and vanilla.
- Serve, or cover and chill up to 4 hours; whisk before serving.
- Let crisp cool 10 minutes.
- Serve warm or at room temperature. Spoon into bowls; top with whipped cream.

Nutrition Facts

PROTEIN 2.54%

FAT 48.71%

CARBS 48.75%

Properties

Glycemic Index:26.26, Glycemic Load:15.73, Inflammation Score:-7, Nutrition Score:8.1478260366813%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 5.38mg, Epicatechin: 5.38mg, Epicatechin: 5.38mg, Epicatechin: 5.38mg Epicatechin 3-gallate: 0.28mg, Epicatechin 3-gallate: 0.28mg, Epicatechin 3-gallate: 0.28mg, Epicatechin 3-gallate: 0.28mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Hesperetin: 6.18mg, Hesperetin: 6.18mg, Hesperetin: 6.18mg, Hesperetin: 6.18mg Naringenin: 3.47mg, Naringenin: 3.47mg, Naringenin: 3.47mg, Naringenin: 3.47mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 437.01kcal (21.85%), Fat: 24.43g (37.59%), Saturated Fat: 8.53g (53.32%), Carbohydrates: 55.01g (18.34%), Net Carbohydrates: 51.46g (18.71%), Sugar: 42.68g (47.42%), Cholesterol: 26.89mg (8.96%), Sodium: 175.95mg (7.65%), Alcohol: 0.14g (100%), Alcohol %: 0.08% (100%), Protein: 2.86g (5.72%), Vitamin C: 19.05mg (23.09%), Vitamin A: 1094.05IU (21.88%), Manganese: 0.34mg (17.14%), Vitamin K: 15.73µg (14.98%), Fiber: 3.55g (14.22%), Calcium: 95.75mg (9.57%), Potassium: 326.83mg (9.34%), Vitamin B1: 0.14mg (9.13%), Vitamin B2: 0.14mg (8.45%), Folate: 31.12µg (7.78%), Vitamin E: 1.08mg (7.19%), Selenium: 4.93µg (7.05%), Phosphorus: 52.84mg (5.28%), Magnesium: 20.67mg (5.17%), Iron: 0.9mg (5.01%), Copper: 0.1mg (4.83%), Vitamin B3: 0.89mg (4.47%), Vitamin B6: 0.08mg (4.08%), Vitamin B5: 0.3mg (3.05%), Vitamin D: 0.38µg (2.54%), Zinc: 0.34mg (2.23%)