



Apple-Rum Raisin Crisp

 Vegetarian

READY IN



30 min.

SERVINGS



30

CALORIES



133 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons cinnamon
- ☐ 0.3 cup brown sugar dark packed
- ☐ 0.5 cup rum dark
- ☐ 0.3 cup flour all-purpose
- ☐ 0.8 cup flour all-purpose
- ☐ 3.5 cup granny smith apples cored peeled thinly sliced (7)
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon nutmeg

- ☐ 2 cups quick-cooking oats
- ☐ 1.3 cups raisins (brown or golden)
- ☐ 0.3 teaspoon salt
- ☐ 0.8 teaspoon salt
- ☐ 12 tablespoons butter unsalted melted
- ☐ 0.5 cup walnuts chopped

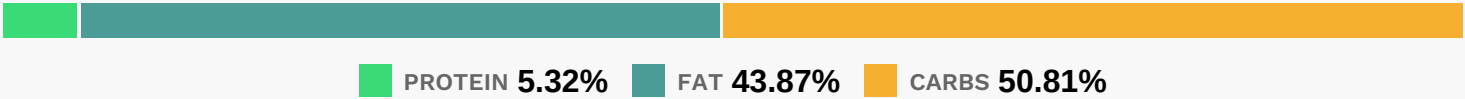
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Place raisins and rum in a small pan over low heat. Bring just to a boil. Cover; remove from heat.
- ☐ Preheat oven to 375F. Butter a 9-by-13-inch baking dish. Line a baking sheet with foil. Make topping: mix oats, flour, sugar, cinnamon, ginger, nutmeg and salt. Stir in butter until crumbly. Toss in walnuts, if desired.
- ☐ In a separate bowl, toss apples with sugar, flour and salt.
- ☐ Drain raisins; reserve 1 Tbsp. rum. Toss raisins with apple mixture and reserved rum.
- ☐ Spread apple mixture in baking dish.
- ☐ Sprinkle evenly with topping.
- ☐ Place baking dish on sheet and bake until filling bubbles and topping is golden brown, 55 to 60 minutes.
- ☐ Let cool on a wire rack.
- ☐ Serve warm with vanilla ice cream, if desired.

Nutrition Facts



Properties

Glycemic Index:13.86, Glycemic Load:7.48, Inflammation Score:-2, Nutrition Score:3.3621739058391%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 132.57kcal (6.63%), Fat: 6.29g (9.68%), Saturated Fat: 3.08g (19.27%), Carbohydrates: 16.4g (5.47%), Net Carbohydrates: 14.83g (5.39%), Sugar: 4.04g (4.49%), Cholesterol: 12.04mg (4.01%), Sodium: 81mg (3.52%), Alcohol: 1.34g (100%), Alcohol %: 3.8% (100%), Protein: 1.72g (3.43%), Manganese: 0.38mg (19.02%), Fiber: 1.57g (6.29%), Magnesium: 21.63mg (5.41%), Vitamin B1: 0.08mg (5.23%), Selenium: 3.49µg (4.99%), Phosphorus: 43.9mg (4.39%), Copper: 0.08mg (4.14%), Iron: 0.71mg (3.95%), Folate: 12.1µg (3.02%), Vitamin A: 148.53IU (2.97%), Potassium: 103.48mg (2.96%), Vitamin B2: 0.05mg (2.76%), Vitamin B3: 0.4mg (2.02%), Zinc: 0.29mg (1.93%), Vitamin B6: 0.04mg (1.83%), Vitamin E: 0.21mg (1.42%), Vitamin C: 1.03mg (1.24%), Calcium: 12.13mg (1.21%)