



Apple Walnut Crisp

READY IN



45 min.

SERVINGS



8

CALORIES



734 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons cinnamon
- ☐ 2 tablespoons flour all-purpose
- ☐ 4.5 pounds gala apple
- ☐ 4.5 tablespoons granulated sugar to taste
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1.1 cups brown sugar light packed
- ☐ 1.1 cups oats
- ☐ 0.8 teaspoons salt
- ☐ 0.8 cup butter unsalted softened cut into 1/2-inch cubes and

- ☐ 8 servings whipped cream
- ☐ 5 ounces walnuts cooled toasted finely chopped

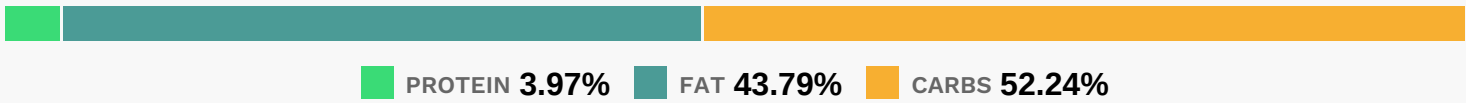
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Put oven rack in middle position and preheat oven to 375°F. Butter a 12- by 9- by 2-inch glass or ceramic baking dish (3 to 3 1/2 quarts).
- ☐ Stir together flour, oats, brown sugar, walnuts, cinnamon, and salt in a bowl, then blend in butter with your fingertips until mixture forms small clumps.
- ☐ Peel and core apples and cut into 1/4-inch-thick wedges, then toss with lemon juice, granulated sugar, and flour in a large bowl.
- ☐ Transfer to baking dish, spreading evenly.
- ☐ Crumble oat topping evenly over apple mixture and bake until topping is golden and apples are tender, about 45 minutes. Cool slightly and serve warm.
- ☐ Crisp can be baked 4 hours ahead and kept, covered, at room temperature. Reheat in a preheat 350°F oven until warm.

Nutrition Facts



Properties

Glycemic Index:37.89, Glycemic Load:27.15, Inflammation Score:-7, Nutrition Score:15.060434569483%

Flavonoids

Cyanidin: 4.49mg, Cyanidin: 4.49mg, Cyanidin: 4.49mg, Cyanidin: 4.49mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.32mg, Catechin: 3.32mg, Catechin: 3.32mg, Catechin: 3.32mg Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg Epicatechin: 19.21mg, Epicatechin: 19.21mg, Epicatechin: 19.21mg, Epicatechin: 19.21mg Epicatechin 3-gallate:

0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg
Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg,
Epigallocatechin 3-gallate: 0.48mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol:
0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg,
Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg,
Luteolin: 0.31mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Quercetin:
10.25mg, Quercetin: 10.25mg, Quercetin: 10.25mg, Quercetin: 10.25mg

Nutrients (% of daily need)

Calories: 733.51kcal (36.68%), Fat: 37.31g (57.4%), Saturated Fat: 16.7g (104.4%), Carbohydrates: 100.14g (33.38%),
Net Carbohydrates: 90.95g (33.07%), Sugar: 78.02g (86.68%), Cholesterol: 74.79mg (24.93%), Sodium: 285.61mg
(12.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.62g (15.24%), Manganese: 1.21mg (60.69%), Fiber:
9.19g (36.76%), Copper: 0.43mg (21.69%), Phosphorus: 214.48mg (21.45%), Vitamin A: 952.44IU (19.05%), Vitamin
C: 14.55mg (17.64%), Magnesium: 69.92mg (17.48%), Vitamin B2: 0.29mg (16.93%), Potassium: 579.61mg (16.56%),
Calcium: 158.45mg (15.84%), Vitamin B1: 0.2mg (13.37%), Vitamin B6: 0.26mg (13.01%), Zinc: 1.57mg (10.48%), Iron:
1.72mg (9.54%), Selenium: 6.63µg (9.47%), Folate: 37.49µg (9.37%), Vitamin E: 1.34mg (8.94%), Vitamin B5: 0.85mg
(8.49%), Vitamin K: 8.13µg (7.74%), Vitamin B12: 0.29µg (4.89%), Vitamin B3: 0.8mg (3.99%), Vitamin D: 0.45µg
(3.01%)