



Apricot-Apple Crisp

 Dairy Free

READY IN



55 min.

SERVINGS



12

CALORIES



392 kcal

DESSERT

Ingredients

- ☐ 1.5 cups flour all-purpose
- ☐ 1.5 cups brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 0.7 cup macadamia nuts chopped
- ☐ 8 medium baking apples are apples that have a sweet-tart balance and hold their shape when sliced
- ☐ 12 ounces apricot dried chopped
- ☐ 1 serving whipped cream

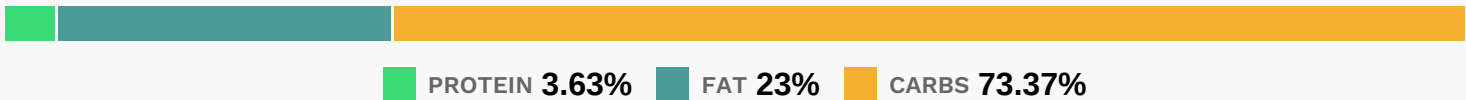
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F.
- ☐ Mix flour, sugar, butter and nuts.
- ☐ Place apples in ungreased rectangular pan, 13x9x2 inches. Top with apricots.
- ☐ Sprinkle flour mixture over top.
- ☐ Bake uncovered 35 to 40 minutes or until apples are tender.
- ☐ Serve warm with ice cream.

Nutrition Facts



Properties

Glycemic Index:17.62, Glycemic Load:19.1, Inflammation Score:-7, Nutrition Score:9.8460868963081%

Flavonoids

Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 9.14mg, Epicatechin: 9.14mg, Epicatechin: 9.14mg, Epicatechin: 9.14mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg

Nutrients (% of daily need)

Calories: 391.63kcal (19.58%), Fat: 10.56g (16.24%), Saturated Fat: 2.12g (13.28%), Carbohydrates: 75.76g (25.25%), Net Carbohydrates: 69.68g (25.34%), Sugar: 55.98g (62.2%), Cholesterol: 2.42mg (0.81%), Sodium: 61.43mg (2.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.49%), Manganese: 0.54mg (27.06%), Vitamin

A: 1279.55IU (25.59%), Fiber: 6.08g (24.33%), Vitamin B1: 0.24mg (15.95%), Potassium: 552.3mg (15.78%), Iron: 2.1mg (11.66%), Copper: 0.22mg (11.15%), Vitamin E: 1.66mg (11.06%), Vitamin B3: 1.99mg (9.94%), Selenium: 6.62µg (9.45%), Vitamin B2: 0.16mg (9.22%), Folate: 36.48µg (9.12%), Magnesium: 31.64mg (7.91%), Vitamin C: 6mg (7.27%), Phosphorus: 72.31mg (7.23%), Vitamin B6: 0.13mg (6.6%), Calcium: 62.83mg (6.28%), Vitamin B5: 0.42mg (4.17%), Vitamin K: 3.61µg (3.44%), Zinc: 0.41mg (2.74%)