



Apricot-Walnut Crisp

READY IN



45 min.

SERVINGS



8

CALORIES



584 kcal

DESSERT

Ingredients

- ☐ 0.8 cup flour
- ☐ 2.3 pounds apricots pitted halved cut into 1/2-inch cubes (6 cups) (12 large)
- ☐ 2 tablespoons cornstarch
- ☐ 0.5 cup brown sugar packed ()
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.8 cup oats
- ☐ 1 pinch sea salt fine
- ☐ 0.8 cup sugar
- ☐ 0.5 cup butter unsalted chilled cut into 1/2-inch cubes (1 stick)

- ☐ 8 servings whipped cream
- ☐ 3.5 ounces walnut pieces chopped

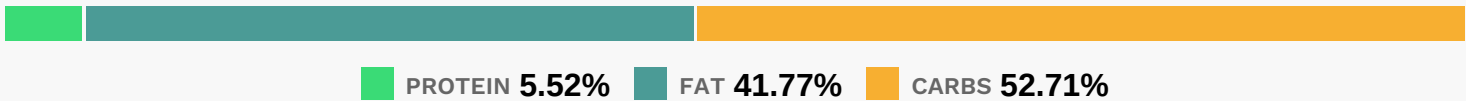
Equipment

- ☐ bowl
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Mix flour, oats, brown sugar, cinnamon, and salt in medium bowl.
- ☐ Add butter and rub in with fingertips until mixture comes together in moist clumps. Stir in walnuts.
- ☐ Do ahead: Can be made 1 day ahead. Cover and chill.
- ☐ Position rack in center of oven and preheat to 350°F.
- ☐ Mix sugar, cornstarch, cinnamon, and salt in large bowl.
- ☐ Add apricots and toss to coat.
- ☐ Transfer apricot mixture to 11x7x2-inch glass baking dish.
- ☐ Sprinkle topping over.
- ☐ Bake crisp until filling is bubbling around edges and topping is crisp and golden, about 1 hour. Cool at least 20 minutes.
- ☐ Serve warm with ice cream.

Nutrition Facts



Properties

Glycemic Index:39.09, Glycemic Load:35.54, Inflammation Score:-9, Nutrition Score:15.477391253347%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 4.68mg, Catechin: 4.68mg, Catechin: 4.68mg, Catechin: 4.68mg Epicatechin: 6.05mg, Epicatechin: 6.05mg, Epicatechin: 6.05mg,

Epicatechin: 6.05mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 584.37kcal (29.22%), Fat: 28.02g (43.11%), Saturated Fat: 12.67g (79.17%), Carbohydrates: 79.57g (26.52%), Net Carbohydrates: 74.59g (27.12%), Sugar: 58.27g (64.74%), Cholesterol: 59.54mg (19.85%), Sodium: 65.64mg (2.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.34g (16.68%), Vitamin A: 3092.12IU (61.84%), Manganese: 0.9mg (45.25%), Fiber: 4.98g (19.92%), Phosphorus: 189.63mg (18.96%), Copper: 0.37mg (18.49%), Vitamin B2: 0.31mg (18.01%), Potassium: 578.9mg (16.54%), Vitamin C: 13.32mg (16.14%), Vitamin B1: 0.24mg (15.69%), Magnesium: 56.28mg (14.07%), Calcium: 134.6mg (13.46%), Folate: 51.38µg (12.85%), Selenium: 8.57µg (12.24%), Vitamin E: 1.79mg (11.93%), Iron: 1.91mg (10.61%), Zinc: 1.47mg (9.82%), Vitamin B5: 0.93mg (9.31%), Vitamin B6: 0.19mg (9.3%), Vitamin B3: 1.78mg (8.9%), Vitamin K: 5.94µg (5.66%), Vitamin B12: 0.28µg (4.69%), Vitamin D: 0.34µg (2.3%)