



## Autumn Apple-Squash Crisp

 Vegetarian

READY IN



75 min.

SERVINGS



12

CALORIES



355 kcal

DESSERT

### Ingredients

- 1 cup brown sugar packed
- 0.5 cup butter melted
- 4.5 cups butternut squash peeled seeded cut into 3/4-inch chunks
- 2 large carrots shredded peeled
- 2 eggs
- 0.5 cup flour all-purpose
- 4 large apples i use 2 granny smith apples cored peeled chopped
- 1 tablespoon ground cinnamon

- 0.5 teaspoon ground cloves
- 2 teaspoons ground nutmeg
- 2 teaspoons milk
- 1 cup raisins
- 2 cups rolled oats
- 2 teaspoons vanilla extract
- 1 cup wheat bran
- 0.5 cup flour whole wheat

## Equipment

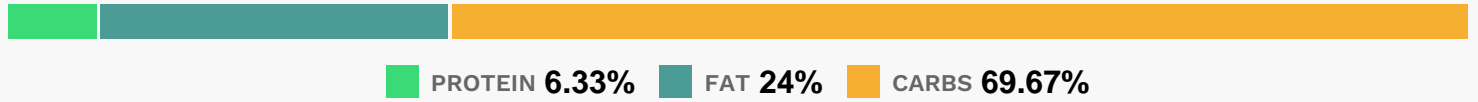
- food processor
- bowl
- frying pan
- oven
- mixing bowl
- baking pan
- steamer basket

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
- Pour about 1 inch of water into the bottom of a pan.
- Place the squash into a steamer basket fitted into the pan. Bring to a boil, then reduce heat to medium, cover, and steam the squash until tender and easily pierced with a fork, about 15 minutes. Cool.
- Place the squash, 2/3 cup brown sugar, 1/2 cup all-purpose flour, eggs, milk, vanilla, 2 teaspoons cinnamon, nutmeg, and cloves in the bowl of a food processor. Pulse until the mixture is smooth.
- Pour into a large mixing bowl. Stir in the apples, carrots, and raisins until evenly blended.
- Spread the mixture over the bottom of the prepared baking dish.

- Mix together the rolled oats, wheat bran, 1 cup brown sugar, 1/2 cup whole wheat flour, and 1 tablespoon cinnamon with the melted butter in a bowl until crumbly. Spoon the topping over the apple-squash mixture.
- Bake in preheated oven until top is golden brown and the apples are tender, 30 to 45 minutes.

## Nutrition Facts



### Properties

Glycemic Index:38.14, Glycemic Load:14.71, Inflammation Score:-10, Nutrition Score:19.440869730452%

### Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 5.6mg, Epicatechin: 5.6mg, Epicatechin: 5.6mg, Epicatechin: 5.6mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

### Nutrients (% of daily need)

Calories: 354.59kcal (17.73%), Fat: 10.07g (15.49%), Saturated Fat: 5.47g (34.16%), Carbohydrates: 65.79g (21.93%), Net Carbohydrates: 57.24g (20.81%), Sugar: 27.69g (30.77%), Cholesterol: 47.72mg (15.91%), Sodium: 92.71mg (4.03%), Alcohol: 0.23g (100%), Alcohol %: 0.13% (100%), Protein: 5.98g (11.95%), Vitamin A: 7906.25IU (158.12%), Manganese: 1.66mg (82.91%), Fiber: 8.55g (34.21%), Selenium: 15.47µg (22.1%), Magnesium: 86.93mg (21.73%), Vitamin C: 15.84mg (19.2%), Phosphorus: 186.09mg (18.61%), Potassium: 576mg (16.46%), Vitamin B1: 0.25mg (16.36%), Iron: 2.65mg (14.73%), Vitamin B6: 0.27mg (13.62%), Copper: 0.25mg (12.46%), Vitamin B3: 2.36mg (11.81%), Folate: 43.15µg (10.79%), Vitamin B2: 0.18mg (10.63%), Vitamin E: 1.46mg (9.71%), Zinc: 1.3mg (8.69%), Calcium: 80.55mg (8.06%), Vitamin B5: 0.76mg (7.56%), Vitamin K: 5.28µg (5.03%), Vitamin B12: 0.09µg (1.43%), Vitamin D: 0.16µg (1.04%)