



Baked Apple with Crisp Topping

 Vegetarian

READY IN



55 min.

SERVINGS



4

CALORIES



269 kcal

DESSERT

Ingredients

- 2 apples (recommended: Fuji or McIntosh)
- 3 tablespoons brown sugar
- 3 tablespoons butter diced cold
- 2 tablespoon flour all-purpose
- 0.3 teaspoon ground cinnamon
- 1 teaspoon juice of lemon
- 0.5 cup oats uncooked
- 1 pinch salt

0.3 cup strawberry jam

Equipment

bowl

oven

baking pan

melon baller

Directions

Watch how to make this recipe.

Preheat oven to 350 degrees F.

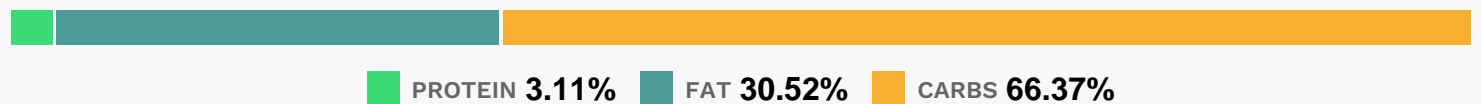
Cut each apple in half along its equator. Using a melon baller, cut out each side of the core, creating a rounded hole. Rub exposed apple flesh with lemon juice.

Place 1 tablespoon of jam into each hole. For the topping: in a small bowl mix together flour, butter, brown sugar, oats, cinnamon and salt. Press this mixture on the top of each apple, covering jam.

Place in a baking dish filled with about a 1/4-inch of water.

Bake until top is golden brown and apple is tender, about 35 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:64.25, Glycemic Load:15.65, Inflammation Score:-4, Nutrition Score:5.1830434514129%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol:

0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 268.53kcal (13.43%), Fat: 9.39g (14.44%), Saturated Fat: 5.54g (34.65%), Carbohydrates: 45.94g (15.31%), Net Carbohydrates: 42.33g (15.39%), Sugar: 28.65g (31.83%), Cholesterol: 22.58mg (7.53%), Sodium: 88.14mg (3.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.3%), Manganese: 0.46mg (23.08%), Fiber: 3.61g (14.45%), Vitamin C: 6.54mg (7.93%), Selenium: 4.84µg (6.92%), Vitamin B1: 0.1mg (6.39%), Phosphorus: 62.71mg (6.27%), Vitamin A: 311.98IU (6.24%), Magnesium: 21.38mg (5.35%), Iron: 0.9mg (4.98%), Potassium: 170.75mg (4.88%), Copper: 0.1mg (4.79%), Vitamin B2: 0.08mg (4.58%), Folate: 15.84µg (3.96%), Vitamin E: 0.48mg (3.22%), Zinc: 0.46mg (3.06%), Vitamin B6: 0.06mg (2.91%), Vitamin K: 2.99µg (2.85%), Calcium: 26.87mg (2.69%), Vitamin B3: 0.44mg (2.21%), Vitamin B5: 0.22mg (2.15%)