

Best Apple Crisp

READY IN



50 min.

SERVINGS



6

CALORIES



326 kcal

DESSERT

Ingredients

- 4 cups baking apples are apples that have a sweet-tart balance and hold their shape when sliced
- 0.8 cup brown sugar packed
- 0.5 cup flour all-purpose
- 0.5 cup rolled oats
- 0.3 cup butter softened
- 0.8 teaspoon ground cinnamon
- 0.8 teaspoon nutmeg
- 1 serving whipped cream

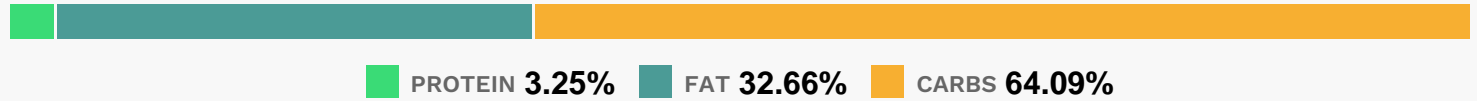
Equipment

- bowl
- frying pan
- oven
- baking pan
- glass baking pan

Directions

- Heat oven to 375°F. Grease bottom and sides of 8-inch square (2-quart) glass baking dish or baking pan with shortening.
- Spread apples in pan. In medium bowl, stir remaining ingredients except cream until well mixed; sprinkle over apples.
- Bake about 30 minutes or until topping is golden brown and apples are tender when pierced with a fork.
- Serve warm with cream.

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:11.94, Inflammation Score:-4, Nutrition Score:5.6739129929439%

Flavonoids

Cyanidin: 1.31mg, Cyanidin: 1.31mg, Cyanidin: 1.31mg, Cyanidin: 1.31mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 6.28mg, Epicatechin: 6.28mg, Epicatechin: 6.28mg, Epicatechin: 6.28mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 326.48kcal (16.32%), Fat: 12.22g (18.79%), Saturated Fat: 7.41g (46.31%), Carbohydrates: 53.93g (17.98%), Net Carbohydrates: 50.7g (18.44%), Sugar: 37.85g (42.06%), Cholesterol: 31.95mg (10.65%), Sodium: 99.1mg (4.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.47%), Manganese: 0.41mg (20.74%), Fiber: 3.23g (12.9%), Vitamin B1: 0.13mg (8.87%), Selenium: 6.15µg (8.79%), Vitamin A: 407.45IU (8.15%), Vitamin B2: 0.11mg (6.74%), Phosphorus: 64.49mg (6.45%), Folate: 25.13µg (6.28%), Iron: 1.11mg (6.15%), Potassium: 188.22mg (5.38%), Calcium: 52.97mg (5.3%), Magnesium: 20.66mg (5.16%), Vitamin C: 3.92mg (4.75%), Copper: 0.08mg (4.14%), Vitamin B3: 0.82mg (4.11%), Vitamin E: 0.52mg (3.44%), Vitamin B6: 0.06mg (3.16%), Zinc: 0.46mg (3.05%), Vitamin B5: 0.29mg (2.87%), Vitamin K: 2.99µg (2.85%), Vitamin B12: 0.06µg (1.07%)