



Best Apple Crumble

 Dairy Free

READY IN



80 min.

SERVINGS



9

CALORIES



506 kcal

DESSERT

Ingredients

- 3 cups apples peeled coarsely chopped
- 0.5 cup granulated sugar
- 0.3 cup brown sugar packed
- 1 teaspoons ground cinnamon
- 0.3 cup butter cold cut into small pieces
- 17.5 oz basic cookie mix
- 0.5 cup butter melted
- 0.5 cup pecans chopped

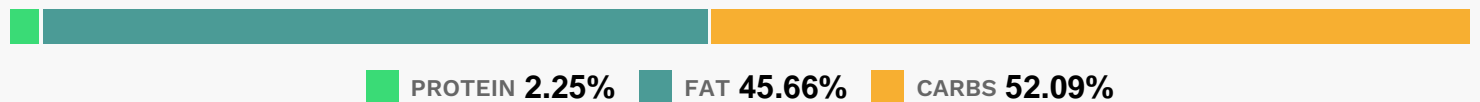
Equipment

- bowl
- oven
- baking pan
- glass baking pan

Directions

- Heat oven to 300°F. Spray bottom and sides of 8-inch square (2-quart) glass baking dish with cooking spray. In large bowl, toss filling ingredients.
- Spread mixture in baking dish.
- In same large bowl, stir cookie mix and melted butter until crumbly.
- Sprinkle over filling.
- Bake 40 minutes.
- Remove from oven; sprinkle with pecans.
- Bake 15 to 20 minutes longer or until topping is golden brown.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:13.01, Glycemic Load:9.31, Inflammation Score:-5, Nutrition Score:3.6469565500384%

Flavonoids

Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 3.19mg, Epicatechin: 3.19mg, Epicatechin: 3.19mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg,

Kaempferol: 0.06mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 505.86kcal (25.29%), Fat: 25.69g (39.52%), Saturated Fat: 4.37g (27.29%), Carbohydrates: 65.95g (21.98%), Net Carbohydrates: 62.85g (22.85%), Sugar: 47.56g (52.84%), Cholesterol: 0mg (0%), Sodium: 238.53mg (10.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.69%), Manganese: 0.33mg (16.51%), Vitamin A: 703.2IU (14.06%), Fiber: 3.1g (12.4%), Vitamin E: 0.75mg (5.01%), Copper: 0.09mg (4.42%), Vitamin B1: 0.06mg (4.3%), Potassium: 111.47mg (3.18%), Magnesium: 10.66mg (2.67%), Iron: 0.47mg (2.61%), Phosphorus: 26.09mg (2.61%), Vitamin B2: 0.04mg (2.55%), Vitamin C: 2.03mg (2.46%), Zinc: 0.3mg (1.99%), Calcium: 19.82mg (1.98%), Vitamin B6: 0.03mg (1.72%), Vitamin B3: 0.34mg (1.68%), Vitamin K: 1.2µg (1.14%), Vitamin B5: 0.1mg (1.02%)