



## Blueberry Apple Crisp

 Vegetarian

READY IN



55 min.

SERVINGS



15

CALORIES



224 kcal

DESSERT

### Ingredients

- 4 apples cored peeled sliced
- 5 cups blueberries fresh
- 0.3 cup brown sugar
- 1 cup butter cold cubed
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground nutmeg
- 1 juice of lemon juiced
- 0.3 teaspoon kosher salt

- 1.5 cups rolled oats
- 0.3 cup sugar white
- 2 tablespoons flour whole wheat

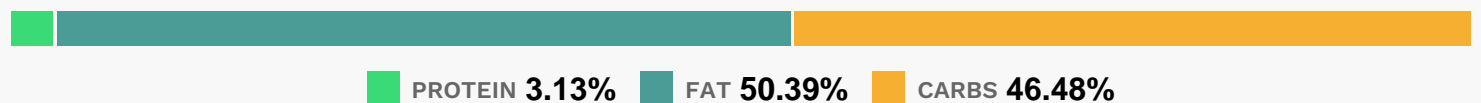
## Equipment

- bowl
- oven
- baking pan
- hand mixer

## Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease a 9x13-inch baking dish with butter.
- Beat 2 cups whole wheat flour, rolled oats, butter, 1/2 cup brown sugar, 1/2 cup white sugar, 1 teaspoon cinnamon, and 1/4 teaspoon kosher salt in a bowl with an electric mixer on medium speed until the mixture is pea-size and crumbly, 3 to 5 minutes. Refrigerate until ready to use.
- Combine apples, blueberries, 1/4 cup brown sugar, 1/4 cup white sugar, 2 tablespoons whole wheat flour, lemon juice and zest, 1 teaspoon cinnamon, and nutmeg in a large bowl; transfer to prepared baking dish.
- Sprinkle crumble mixture over fruit mixture.
- Bake in preheated oven until topping is browned and fruit is bubbly, 35 to 45 minutes.

## Nutrition Facts



## Properties

Glycemic Index:20.47, Glycemic Load:8.37, Inflammation Score:-5, Nutrition Score:5.3513043367344%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 223.65kcal (11.18%), Fat: 13.11g (20.17%), Saturated Fat: 7.92g (49.49%), Carbohydrates: 27.22g (9.07%), Net Carbohydrates: 23.86g (8.68%), Sugar: 17.01g (18.9%), Cholesterol: 32.54mg (10.85%), Sodium: 138.65mg (6.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.67%), Manganese: 0.54mg (27.15%), Fiber: 3.36g (13.43%), Vitamin K: 11.87µg (11.3%), Vitamin C: 7.8mg (9.45%), Vitamin A: 431.7IU (8.63%), Phosphorus: 52mg (5.2%), Vitamin E: 0.77mg (5.11%), Magnesium: 18.81mg (4.7%), Vitamin B1: 0.07mg (4.67%), Selenium: 3.19µg (4.56%), Copper: 0.08mg (4.01%), Potassium: 134.11mg (3.83%), Iron: 0.62mg (3.45%), Vitamin B2: 0.05mg (3.12%), Vitamin B6: 0.06mg (3.03%), Zinc: 0.44mg (2.92%), Vitamin B5: 0.21mg (2.12%), Folate: 8.37µg (2.09%), Vitamin B3: 0.4mg (2.01%), Calcium: 18.72mg (1.87%)