

Butternut Apple Crisp

READY IN



85 min.

SERVINGS



8

CALORIES



393 kcal

DESSERT

Ingredients

- 21 ounces peach pie filling canned
- 0.8 cup brown sugar divided packed
- 0.8 cup brown sugar divided packed
- 6 tablespoons butter softened
- 1.5 pounds butternut squash peeled sliced
- 0.5 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 2 tablespoons juice of lemon
- 0.5 cup oats

0.5 teaspoon salt

Equipment

oven

baking pan

Directions

Combine 1/2 cup brown sugar, lemon juice, cinnamon, salt, squash and pie filling. Spoon into a greased 11-in. x 7-in. baking dish.

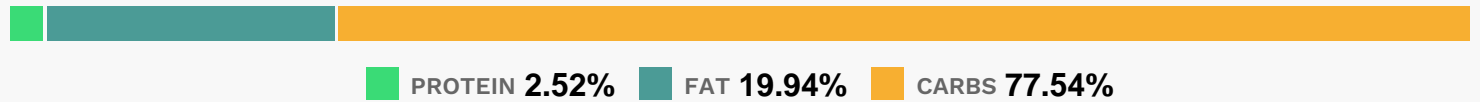
Cover and bake at 375° for 30 minutes.

Combine remaining ingredients until crumbly.

Sprinkle over squash mixture. Uncover; bake 45 minutes longer or until squash is tender.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:24.38, Glycemic Load:6.26, Inflammation Score:-10, Nutrition Score:12.793478304925%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 393.41kcal (19.67%), Fat: 9.11g (14.02%), Saturated Fat: 5.49g (34.28%), Carbohydrates: 79.71g (26.57%), Net Carbohydrates: 76.44g (27.8%), Sugar: 52.35g (58.17%), Cholesterol: 22.58mg (7.53%), Sodium: 263.16mg (11.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.18%), Vitamin A: 9321.88IU (186.44%), Manganese: 0.53mg (26.7%), Vitamin C: 20.59mg (24.95%), Fiber: 3.28g (13.11%), Magnesium: 50.11mg (12.53%), Vitamin B1: 0.18mg (12.28%), Potassium: 421.71mg (12.05%), Vitamin E: 1.55mg (10.33%), Folate: 40.37µg (10.09%), Iron: 1.73mg (9.6%), Calcium: 86.93mg (8.69%), Vitamin B6: 0.17mg (8.54%), Selenium: 5.63µg (8.05%), Vitamin B3: 1.61mg (8.03%), Copper: 0.15mg (7.66%), Phosphorus: 69.55mg (6.96%), Vitamin B5: 0.51mg (5.13%), Vitamin B2: 0.07mg (4.36%), Zinc: 0.4mg (2.69%), Vitamin K: 2.31µg (2.2%)