



Buttery Apple Crumble



Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



318 kcal

DESSERT

Ingredients

- ☐ 0.5 cup apple cider
- ☐ 10 cup baking apples peeled sliced
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup butter melted
- ☐ 1.5 teaspoons cornstarch
- ☐ 0.3 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 1.3 cups regular oats

- ☐ 0.5 teaspoon salt
- ☐ 1 Dash salt
- ☐ 2 teaspoons vanilla extract divided
- ☐ 0.8 cup flour whole wheat

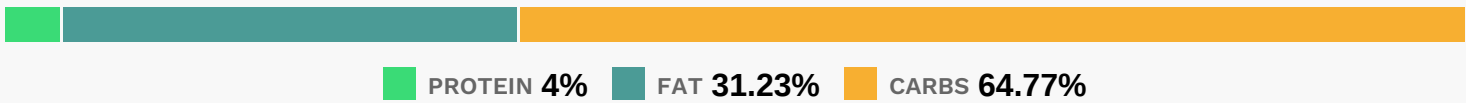
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Lightly spoon flour into a dry measuring cup, and level with a knife.
- ☐ Combine flour, oats, brown sugar, cinnamon, and 1/2 teaspoon salt in a small bowl.
- ☐ Add butter and 1 teaspoon vanilla; stir with a fork until moist and crumbly.
- ☐ Combine 1 teaspoon vanilla, cider, granulated sugar, cornstarch, and dash of salt in a large bowl; stir with a whisk until sugar dissolves and mixture is smooth.
- ☐ Add apples, tossing to coat. Spoon apple mixture into a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Sprinkle with oat mixture. Cover with foil; bake at 375 for 30 minutes. Uncover and bake 30 minutes or until browned and bubbly.

Nutrition Facts



Properties

Glycemic Index:26.43, Glycemic Load:12.14, Inflammation Score:-5, Nutrition Score:8.0639130084411%

Flavonoids

Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 11.08mg, Epicatechin: 11.08mg, Epicatechin: 11.08mg, Epicatechin: 11.08mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 317.57kcal (15.88%), Fat: 11.49g (17.67%), Saturated Fat: 6.69g (41.83%), Carbohydrates: 53.6g (17.87%), Net Carbohydrates: 47.91g (17.42%), Sugar: 33.38g (37.09%), Cholesterol: 27.11mg (9.04%), Sodium: 220.99mg (9.61%), Alcohol: 0.31g (100%), Alcohol %: 0.19% (100%), Protein: 3.31g (6.63%), Manganese: 0.92mg (46.16%), Fiber: 5.69g (22.75%), Selenium: 9.77µg (13.96%), Phosphorus: 101.82mg (10.18%), Magnesium: 38.45mg (9.61%), Vitamin B1: 0.13mg (8.61%), Vitamin C: 6.52mg (7.9%), Vitamin A: 391.84IU (7.84%), Potassium: 260.62mg (7.45%), Copper: 0.13mg (6.6%), Iron: 1.14mg (6.31%), Vitamin B6: 0.12mg (5.86%), Zinc: 0.75mg (4.99%), Vitamin B2: 0.08mg (4.62%), Vitamin E: 0.67mg (4.45%), Vitamin K: 4.42µg (4.21%), Vitamin B3: 0.78mg (3.92%), Calcium: 34.28mg (3.43%), Folate: 12.68µg (3.17%), Vitamin B5: 0.31mg (3.09%)