



Caramel Apple-Cranberry Crisp

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



231 kcal

DESSERT

Ingredients

- 0.5 cup firmly brown sugar light packed
- 0.3 cup butter cut into small pieces
- 0.3 cup caramel sundae syrup fat-free
- 0.3 cup flour all-purpose
- 1 tablespoon flour all-purpose
- 7 cups apples i use 2 granny smith apples sliced (5 apples)
- 0.3 cup regular oats uncooked
- 0.3 cup orange juice

0.3 cup cranberries dried sweetened

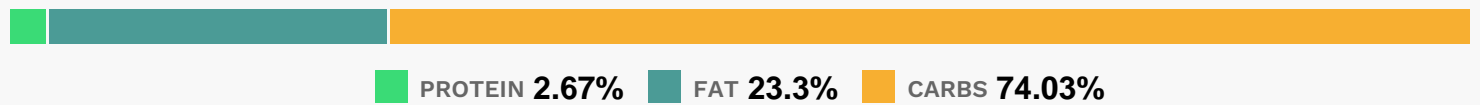
Equipment

- bowl
- oven
- knife
- blender
- baking pan

Directions

- Preheat oven to 37
- Lightly spoon 1/3 cup flour into a dry mea-suring cup; level with a knife.
- Combine flour, oats, and sugar in a medium bowl.
- Cut in butter with a pastry blender or 2 knives until mixture is crumbly.
- Combine apple and next 4 ingredients in a large bowl. Spoon into an 8-inch square baking dish.
- Sprinkle flour mixture over apple mixture.
- Bake at 375 for 45 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:8.57, Inflammation Score:-3, Nutrition Score:4.3117391324562%

Flavonoids

Cyanidin: 1.74mg, Cyanidin: 1.74mg, Cyanidin: 1.74mg, Cyanidin: 1.74mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 8.24mg, Epicatechin: 8.24mg, Epicatechin: 8.24mg, Epicatechin: 8.24mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Epigallocatechin 3-gallate: 0.21mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg

Nutrients (% of daily need)

Calories: 230.66kcal (11.53%), Fat: 6.28g (9.66%), Saturated Fat: 3.73g (23.31%), Carbohydrates: 44.87g (14.96%), Net Carbohydrates: 41.53g (15.1%), Sugar: 33.54g (37.26%), Cholesterol: 15.25mg (5.08%), Sodium: 83.26mg (3.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.23%), Fiber: 3.35g (13.39%), Manganese: 0.23mg (11.37%), Vitamin C: 8.96mg (10.86%), Vitamin B1: 0.09mg (6.01%), Vitamin A: 260.31IU (5.21%), Potassium: 179.4mg (5.13%), Selenium: 3.45µg (4.93%), Folate: 18.47µg (4.62%), Vitamin B2: 0.07mg (4.11%), Phosphorus: 40.07mg (4.01%), Iron: 0.69mg (3.83%), Magnesium: 14.34mg (3.58%), Copper: 0.06mg (3.19%), Vitamin K: 3.28µg (3.13%), Vitamin E: 0.47mg (3.11%), Vitamin B6: 0.06mg (3.07%), Vitamin B3: 0.57mg (2.85%), Calcium: 28.16mg (2.82%), Vitamin B5: 0.2mg (1.95%), Zinc: 0.23mg (1.52%)