



## Cinnamon Apple Berry Crisp

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



413 kcal

DESSERT

### Ingredients

- 6 cups apples peeled sliced ( 6 medium)
- 1 cup cranberries dried sweetened
- 1 teaspoon ground cinnamon
- 1 tablespoon juice of lemon
- 0.8 cup oats
- 0.8 cup flour all-purpose
- 0.8 cup brown sugar packed
- 0.5 cup butter softened

- 0.5 cup walnut pieces chopped
- 1 serving whipped cream

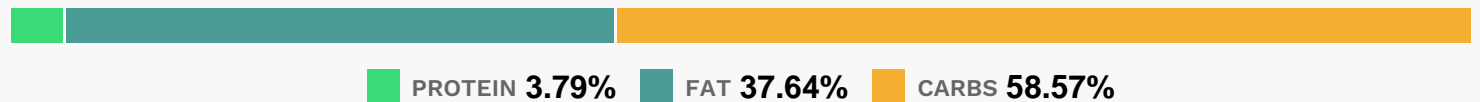
## Equipment

- bowl
- oven
- glass baking pan

## Directions

- Heat oven to 375°F. In large bowl, mix apples, cranberries, cinnamon and lemon juice. Spoon into ungreased 11x7- or 12x8-inch (2-quart) glass baking dish.
- In large bowl, mix remaining ingredients except ice cream with fork until crumbly.
- Sprinkle over fruit mixture.
- Bake 35 to 40 minutes or until apples are tender, juices are bubbly and topping is golden brown.
- Serve warm with ice cream.

## Nutrition Facts



## Properties

Glycemic Index:32.25, Glycemic Load:14.05, Inflammation Score:-6, Nutrition Score:8.577391276541%

## Flavonoids

Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

0.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg

## **Nutrients (% of daily need)**

Calories: 412.59kcal (20.63%), Fat: 18.07g (27.79%), Saturated Fat: 3.52g (22.01%), Carbohydrates: 63.25g (21.08%), Net Carbohydrates: 58.48g (21.26%), Sugar: 42.89g (47.65%), Cholesterol: 3.63mg (1.21%), Sodium: 148.51mg (6.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.18%), Manganese: 0.79mg (39.36%), Fiber: 4.77g (19.08%), Vitamin B1: 0.18mg (12.08%), Vitamin A: 595.16IU (11.9%), Magnesium: 43.65mg (10.91%), Selenium: 7.41µg (10.59%), Copper: 0.21mg (10.44%), Phosphorus: 97.36mg (9.74%), Folate: 35.01µg (8.75%), Iron: 1.46mg (8.09%), Vitamin B2: 0.13mg (7.77%), Vitamin E: 1.07mg (7.14%), Potassium: 232.55mg (6.64%), Vitamin C: 5.25mg (6.36%), Vitamin B6: 0.11mg (5.56%), Calcium: 54.04mg (5.4%), Vitamin B3: 1.04mg (5.23%), Zinc: 0.67mg (4.48%), Vitamin K: 3.79µg (3.61%), Vitamin B5: 0.33mg (3.27%)