



Cinnamon Apple Berry Crisp

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



532 kcal

DESSERT

Ingredients

- ☐ 6 cups apples peeled sliced (6 medium)
- ☐ 0.8 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 0.8 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 8 servings whipped cream
- ☐ 1 tablespoon juice of lemon
- ☐ 0.8 cup oats

- ☐ 1 cup cranberries dried sweetened
- ☐ 0.5 cup walnut pieces chopped

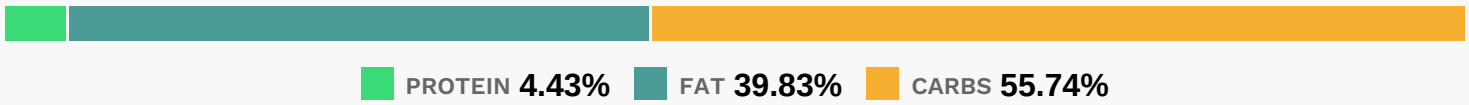
Equipment

- ☐ bowl
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Heat oven to 375F. 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:22.12, Inflammation Score:-7, Nutrition Score:10.855217503465%

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, 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: 532.13kcal (26.61%), Fat: 24.42g (37.57%), Saturated Fat: 7.44g (46.52%), Carbohydrates: 76.88g (25.63%), Net Carbohydrates: 71.7g (26.07%), Sugar: 55.13g (61.26%), Cholesterol: 29.04mg (9.68%), Sodium: 194.71mg (8.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.11g (12.22%), Manganese: 0.79mg (39.59%), Fiber: 5.17g (20.7%), Vitamin A: 838.28IU (16.77%), Vitamin B2: 0.27mg (15.92%), Phosphorus: 157.99mg (15.8%), Vitamin B1: 0.2mg (13.66%), Magnesium: 51.73mg (12.93%), Calcium: 127.96mg (12.8%), Selenium: 8.45µg (12.07%), Copper: 0.22mg (11.11%), Potassium: 347.48mg (9.93%), Folate: 37.89µg (9.47%), Iron: 1.51mg (8.38%), Vitamin E: 1.24mg (8.3%), Zinc: 1.07mg (7.14%), Vitamin B6: 0.14mg (6.94%), Vitamin C: 5.6mg (6.78%), Vitamin B5: 0.66mg (6.63%), Vitamin B3: 1.11mg (5.56%), Vitamin B12: 0.27µg (4.53%), Vitamin K: 3.97µg (3.78%)