



## Cookie Crumb-Topped Apple Crisp

 Dairy Free

READY IN



55 min.

SERVINGS



55

CALORIES



43 kcal

DESSERT

### Ingredients

- 0.5 cup brown sugar divided packed
- 2 lb granny smith apples peeled thinly sliced
- 2 tsp ground cinnamon divided
- 0.3 cup butter cold
- 0.3 cup quick-cooking oats
- 25 vanilla wafers crushed reduced-fat
- 1.5 cups cool whip lite whipped topping thawed

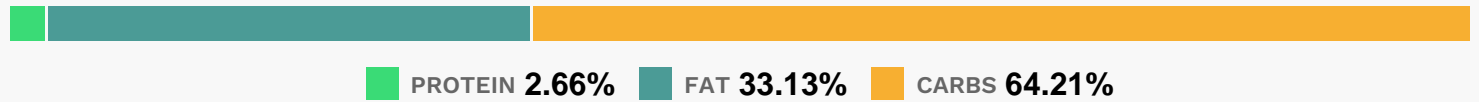
### Equipment

- bowl
- oven
- blender
- baking pan

## Directions

- Heat oven to 350F.
- Toss apples with 1/4 cup sugar and 1 tsp. cinnamon; place in 8- or 9-inch square baking dish.
- Combine oats, remaining sugar and cinnamon in medium bowl.
- Cut in margarine with pastry blender or 2 knives until mixture resembles coarse crumbs. Stir in wafer crumbs; sprinkle over apples.
- Bake 30 to 35 min. or until apples are tender.
- Serve topped with COOL WHIP.

## Nutrition Facts



## Properties

Glycemic Index:3.25, Glycemic Load:2.3, Inflammation Score:-1, Nutrition Score:0.65652173044889%

## Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

## Nutrients (% of daily need)

Calories: 42.83kcal (2.14%), Fat: 1.64g (2.52%), Saturated Fat: 0.57g (3.56%), Carbohydrates: 7.14g (2.38%), Net Carbohydrates: 6.6g (2.4%), Sugar: 5.01g (5.57%), Cholesterol: 0.07mg (0.02%), Sodium: 22.92mg (1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.59%), Manganese: 0.04mg (2.23%), Fiber: 0.53g (2.12%), Vitamin B1: 0.02mg (1.16%)