



Cranberry-Apple Crisp with Cinnamon-Maple Cream

READY IN



45 min.

SERVINGS



12

CALORIES



258 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons brandy
- ☐ 0.3 cup butter chilled cut into small pieces
- ☐ 0.3 cup brown sugar dark packed
- ☐ 0.3 cup brown sugar dark packed
- ☐ 0.8 cup cranberries dried
- ☐ 2 teaspoons flour all-purpose
- ☐ 3 ounces flour all-purpose
- ☐ 2.5 pounds apples i use 2 granny smith apples peeled chopped

- ☐ 0.3 cup granulated sugar
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon maple syrup
- ☐ 0.7 cup regular oats
- ☐ 1 teaspoon orange rind finely grated
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons walnuts toasted finely chopped
- ☐ 2 cups non-dairy whipped topping frozen thawed reduced-calorie

Equipment

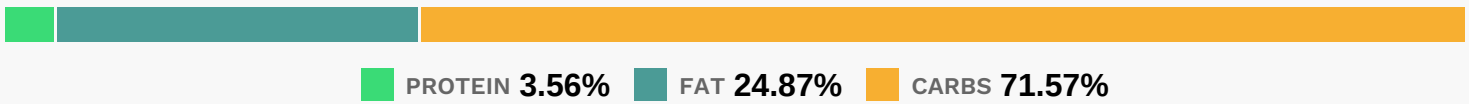
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ baking pan
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ To prepare maple cream, combine whipped topping, syrup, and 1/8 teaspoon cinnamon. Cover and chill.
- ☐ To prepare filling, combine dried cranberries and brandy in a small bowl. Microwave on high for 30 seconds, and set aside.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.

- ☐ Add apple and juice; saut 3 minutes. Stir in cranberry mixture, granulated sugar, and next 6 ingredients (through nutmeg). Spoon apple mixture into an 11 x 7-inch baking dish or shallow 2-quart baking dish coated with cooking spray.
- ☐ To prepare topping, lightly spoon 2/3 cup flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, 1/3 cup brown sugar, and 1/4 teaspoon salt in a bowl; cut in butter with a pastry blender or 2 knives until mixture is crumbly.
- ☐ Add oats and walnuts; toss well.
- ☐ Sprinkle over apple mixture.
- ☐ Bake at 375 for 30 minutes or until bubbly and topping is browned.
- ☐ Serve with maple cream.

Nutrition Facts



Properties

Glycemic Index:41.13, Glycemic Load:11.67, Inflammation Score:-3, Nutrition Score:4.9460869949797%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 7.12mg, Epicatechin: 7.12mg, Epicatechin: 7.12mg, Epicatechin: 7.12mg 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: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 257.57kcal (12.88%), Fat: 7.2g (11.07%), Saturated Fat: 4.05g (25.29%), Carbohydrates: 46.62g (15.54%), Net Carbohydrates: 43.05g (15.66%), Sugar: 33.34g (37.05%), Cholesterol: 10.42mg (3.47%), Sodium: 92.81mg (4.04%), Alcohol: 1.25g (100%), Alcohol %: 1.02% (100%), Protein: 2.32g (4.64%), Manganese: 0.38mg (18.95%), Fiber: 3.57g (14.26%), Vitamin B1: 0.11mg (7.06%), Vitamin C: 5.59mg (6.77%), Selenium: 4.46µg (6.37%), Vitamin B2:

0.09mg (5.57%), Phosphorus: 54.61mg (5.46%), Folate: 20.69µg (5.17%), Potassium: 169.7mg (4.85%), Copper:
0.09mg (4.69%), Iron: 0.84mg (4.67%), Magnesium: 17.9mg (4.48%), Vitamin E: 0.55mg (3.63%), Vitamin A:
180.22IU (3.6%), Vitamin K: 3.6µg (3.43%), Vitamin B6: 0.07mg (3.36%), Vitamin B3: 0.67mg (3.34%), Calcium:
33.37mg (3.34%), Zinc: 0.34mg (2.3%), Vitamin B5: 0.19mg (1.91%)