



Cranberry-Apple Crisp with Oatmeal Streusel Topping

READY IN



45 min.

SERVINGS



12

CALORIES



476 kcal

DESSERT

Ingredients

- ☐ 0.8 cup all purpose flour
- ☐ 2 tablespoons apple juice
- ☐ 1.3 pounds fuji apples cored peeled cut into 1/2-inch cubes (3 medium)
- ☐ 24 ounce cranberries
- ☐ 1 cup brown sugar packed ()
- ☐ 1 cup old-fashioned oats
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups sugar

- ☐ 0.5 cup butter unsalted chilled cut into pieces (1 stick)
- ☐ 12 servings whipped cream

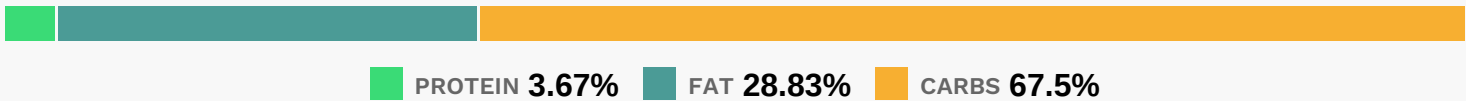
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ glass baking pan

Directions

- ☐ Combine brown sugar, oats, flour, and salt in large bowl; toss to blend.
- ☐ Add butter and rub in with fingertips until mixture comes together in moist clumps. Cover; chill while preparing filling. (Topping can be prepared 1 day ahead; keep chilled.)
- ☐ Preheat oven to 375°F. Generously butter 13x9x2-inch glass baking dish.
- ☐ Combine cranberries, apples, sugar, and apple juice in heavy large pot. Bring to boil over medium heat, stirring often. Boil until cranberries are tender and juices thicken slightly, about 5 minutes.
- ☐ Transfer filling to prepared dish.
- ☐ Sprinkle topping over.
- ☐ Bake crisp until filling bubbles thickly and topping is crisp and deep golden brown, about 40 minutes.
- ☐ Let cool 10 minutes.
- ☐ Serve with ice cream.

Nutrition Facts



Properties

Glycemic Index:30.32, Glycemic Load:36.52, Inflammation Score:-5, Nutrition Score:8.6230434904928%

Flavonoids

Cyanidin: 27.07mg, Cyanidin: 27.07mg, Cyanidin: 27.07mg, Cyanidin: 27.07mg Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 27.88mg, Peonidin: 27.88mg, Peonidin: 27.88mg, Peonidin: 27.88mg Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg Epicatechin: 6.15mg, Epicatechin: 6.15mg, Epicatechin: 6.15mg, Epicatechin: 6.15mg Epigallocatechin 3–gallate: 0.64mg, Epigallocatechin 3–gallate: 0.64mg, Epigallocatechin 3–gallate: 0.64mg, Epigallocatechin 3–gallate: 0.64mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 3.76mg, Myricetin: 3.76mg, Myricetin: 3.76mg, Myricetin: 3.76mg Quercetin: 10.32mg, Quercetin: 10.32mg, Quercetin: 10.32mg, Quercetin: 10.32mg

Nutrients (% of daily need)

Calories: 476.2kcal (23.81%), Fat: 15.69g (24.13%), Saturated Fat: 9.45g (59.03%), Carbohydrates: 82.61g (27.54%), Net Carbohydrates: 78.07g (28.39%), Sugar: 64.39g (71.55%), Cholesterol: 49.38mg (16.46%), Sodium: 109.94mg (4.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.5g (8.99%), Manganese: 0.54mg (26.98%), Fiber: 4.54g (18.14%), Vitamin B2: 0.24mg (14.09%), Vitamin C: 10.53mg (12.76%), Phosphorus: 120.05mg (12.01%), Vitamin A: 573.78IU (11.48%), Calcium: 114.5mg (11.45%), Vitamin B1: 0.14mg (9.02%), Selenium: 6.31µg (9.02%), Vitamin E: 1.28mg (8.56%), Potassium: 289.76mg (8.28%), Vitamin B5: 0.73mg (7.25%), Magnesium: 28.01mg (7%), Iron: 1.04mg (5.8%), Zinc: 0.84mg (5.62%), Folate: 22.21µg (5.55%), Copper: 0.11mg (5.48%), Vitamin B6: 0.1mg (5.09%), Vitamin K: 4.89µg (4.66%), Vitamin B12: 0.27µg (4.56%), Vitamin B3: 0.74mg (3.7%), Vitamin D: 0.27µg (1.83%)