



Cranberry-Apple Crumble



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



296 kcal

DESSERT

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 12 ounce cranberries fresh
- ☐ 0.5 cup 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 0.3 cup brown sugar dark packed
- ☐ 2 large egg yolks lightly beaten
- ☐ 0.8 cup flour all-purpose
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 pounds gala apples cored peeled thinly sliced (6 apples)

- ☐ 1.8 cups granulated sugar divided
- ☐ 0.1 teaspoon ground cardamom
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 3 tablespoons honey
- ☐ 0.5 cup regular oats
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup walnuts chopped
- ☐ 0.5 cup pastry flour whole wheat

Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ ziploc bags
- ☐ measuring cup

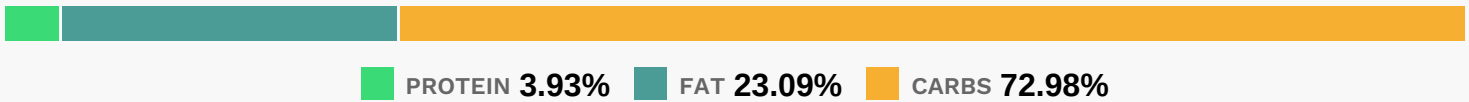
Directions

- ☐ Preheat oven to 37
- ☐ To prepare filling, combine 1 1/2 cups granulated sugar, cranberry juice, and fresh cranberries in a medium saucepan over medium-high heat; bring to a boil. Reduce heat, and simmer until cranberries pop, stirring occasionally (about 10 minutes). Set aside.
- ☐ Combine apples, 1/4 cup granulated sugar, 1 tablespoon all-purpose flour, and 1/4 teaspoon cinnamon in a large zip-top plastic bag. Seal; shake to coat.
- ☐ Place cranberry mixture in an 11 x 7-inch baking dish coated with cooking spray; top evenly with apple mixture.
- ☐ To prepare topping, place oats in a food processor, and pulse until coarsely chopped.

- ☐
- Place oats in a large bowl. Lightly spoon 3/4 cup all-purpose flour and whole wheat pastry flour into dry measuring cups; level with a knife.

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Nutrition Facts



Properties

Glycemic Index:33.95, Glycemic Load:28, Inflammation Score:-3, Nutrition Score:6.6378260876821%

Flavonoids

Cyanidin: 12.41mg, Cyanidin: 12.41mg, Cyanidin: 12.41mg, Cyanidin: 12.41mg Delphinidin: 1.86mg, Delphinidin: 1.86mg, Delphinidin: 1.86mg, Delphinidin: 1.86mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 11.96mg, Peonidin: 11.96mg, Peonidin: 11.96mg Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 5.94mg, Epicatechin: 5.94mg, Epicatechin: 5.94mg, Epicatechin: 5.94mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.61mg, Myricetin: 1.61mg, Myricetin: 1.61mg, Myricetin: 1.61mg Quercetin: 6.2mg, Quercetin: 6.2mg, Quercetin: 6.2mg, Quercetin: 6.2mg

Nutrients (% of daily need)

Calories: 296.41kcal (14.82%), Fat: 7.97g (12.26%), Saturated Fat: 0.87g (5.41%), Carbohydrates: 56.69g (18.9%), Net Carbohydrates: 52.99g (19.27%), Sugar: 41.51g (46.13%), Cholesterol: 26.23mg (8.74%), Sodium: 87.56mg (3.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.11%), Manganese: 0.6mg (30.07%), Fiber: 3.7g (14.79%), Selenium: 7.77µg (11.1%), Vitamin E: 1.39mg (9.24%), Vitamin C: 7.3mg (8.85%), Vitamin B1: 0.12mg (8.33%), Copper: 0.15mg (7.46%), Phosphorus: 70.28mg (7.03%), Folate: 26.1µg (6.52%), Magnesium: 23.93mg (5.98%), Vitamin K: 6.26µg (5.96%), Iron: 1.02mg (5.68%), Vitamin B2: 0.1mg (5.66%), Vitamin B6: 0.1mg (5.12%), Potassium: 159.02mg (4.54%), Vitamin B3: 0.82mg (4.11%), Zinc: 0.52mg (3.5%), Vitamin B5: 0.31mg (3.06%), Calcium: 22.09mg (2.21%), Vitamin A: 89.98IU (1.8%)