



## Creamy Apple Crisp

 Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



138 kcal

DESSERT

### Ingredients

- 3 cooking apples green red sliced
- 0.5 tsp ground cinnamon
- 0.3 tsp ground nutmeg
- 1 oz jell-o vanilla flavor pudding fat free sugar free instant
- 2 Tbsp juice of lemon
- 2 Tbsp butter soft
- 0.3 cup granular no-calorie sweetener
- 0.5 cup quick-cooking oats

1 cup milk sharp cheddar cheese shredded 2% kraft

1 cup water

## Equipment

bowl

oven

## Directions

Heat oven to 350F.

Place apples in large bowl.

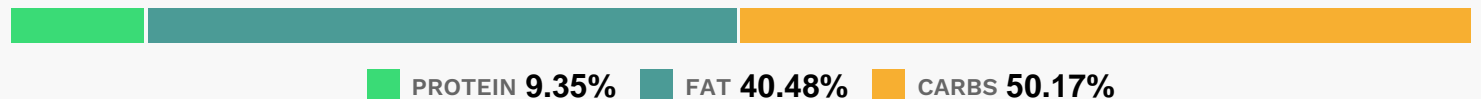
Add water and lemon juice; toss to coat. Stir in dry pudding mix.

Add cheese; mix lightly. Spoon into 2-qt casserole sprayed with cooking spray; cover.

Bake 40 min. or until apples are tender. Meanwhile, mix remaining ingredients until blended; sprinkle over apple mixture.

Bake 15 min. or until topping is golden brown.

## Nutrition Facts



## Properties

Glycemic Index:24.9, Glycemic Load:5.91, Inflammation Score:-3, Nutrition Score:3.5869565178519%

## Flavonoids

Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.11mg, Epicatechin: 4.11mg, Epicatechin: 4.11mg, Epicatechin: 4.11mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.2mg, Quercetin:

2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

## **Nutrients (% of daily need)**

Calories: 138.48kcal (6.92%), Fat: 6.51g (10.01%), Saturated Fat: 2.72g (16.97%), Carbohydrates: 18.15g (6.05%), Net Carbohydrates: 16.35g (5.95%), Sugar: 12.13g (13.48%), Cholesterol: 11.3mg (3.77%), Sodium: 120.21mg (5.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.77%), Manganese: 0.22mg (10.97%), Calcium: 88.35mg (8.83%), Phosphorus: 77.47mg (7.75%), Fiber: 1.8g (7.19%), Selenium: 4.61µg (6.59%), Vitamin A: 243.49IU (4.87%), Vitamin C: 3.68mg (4.47%), Magnesium: 17.41mg (4.35%), Vitamin B2: 0.07mg (4.17%), Zinc: 0.57mg (3.83%), Potassium: 87.42mg (2.5%), Vitamin B1: 0.04mg (2.38%), Vitamin E: 0.31mg (2.04%), Vitamin B12: 0.12µg (2.04%), Copper: 0.04mg (1.97%), Vitamin B6: 0.04mg (1.81%), Iron: 0.29mg (1.6%), Vitamin K: 1.64µg (1.56%), Folate: 5.99µg (1.5%), Vitamin B5: 0.12mg (1.16%)