



Dutch Apple-Pumpkin Crisp

READY IN



75 min.

SERVINGS



8

CALORIES



273 kcal

DESSERT

Ingredients

- ☐ 1.5 cups apples peeled chopped (2 small)
- ☐ 0.8 cup flour all-purpose
- ☐ 0.8 cup brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 0.3 teaspoon pumpkin pie spice
- ☐ 1 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 cup milk
- ☐ 2 tablespoons flour all-purpose

- ☐ 0.5 teaspoon pumpkin pie spice
- ☐ 1 eggs
- ☐ 1 serving whipped cream

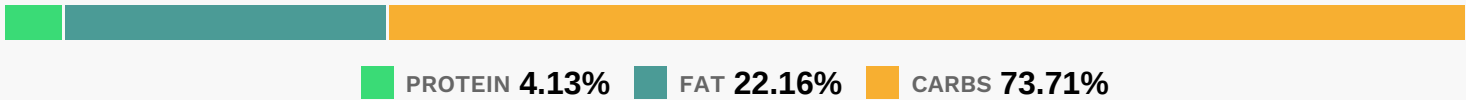
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ microwave

Directions

- ☐ Heat oven to 350°F.
- ☐ Spread apples over bottom of 9-inch glass pie plate. Microwave uncovered on High 4 to 6 minutes or until apples are crisp-tender.
- ☐ Meanwhile, in small bowl, toss 3/4 cup flour, the brown sugar, butter and 1/4 teaspoon pumpkin pie spice until crumbly. Set aside.
- ☐ In medium bowl, beat remaining ingredients except whipped cream with wire whisk until smooth.
- ☐ Pour over apples.
- ☐ Sprinkle with flour mixture.
- ☐ Bake 30 to 35 minutes or until golden brown and set. Cool 20 minutes.
- ☐ Serve warm with whipped cream.

Nutrition Facts



Properties

Glycemic Index:43.14, Glycemic Load:14.36, Inflammation Score:-9, Nutrition Score:7.9830434840658%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 273.24kcal (13.66%), Fat: 6.91g (10.63%), Saturated Fat: 1.66g (10.4%), Carbohydrates: 51.73g (17.24%), Net Carbohydrates: 47.97g (17.44%), Sugar: 31.26g (34.73%), Cholesterol: 21.94mg (7.32%), Sodium: 154.32mg (6.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.8%), Vitamin A: 3114.65IU (62.29%), Fiber: 3.76g (15.03%), Manganese: 0.28mg (14.07%), Selenium: 7.14µg (10.2%), Folate: 40.32µg (10.08%), Vitamin B2: 0.15mg (9.04%), Vitamin B1: 0.12mg (8.25%), Iron: 1.3mg (7.23%), Vitamin B5: 0.61mg (6.06%), Phosphorus: 54.38mg (5.44%), Calcium: 49.76mg (4.98%), Vitamin B3: 0.99mg (4.96%), Vitamin B6: 0.09mg (4.67%), Potassium: 138.15mg (3.95%), Magnesium: 13.54mg (3.39%), Copper: 0.06mg (3.21%), Vitamin C: 2.32mg (2.81%), Vitamin E: 0.34mg (2.27%), Zinc: 0.31mg (2.08%), Vitamin B12: 0.1µg (1.66%), Vitamin D: 0.2µg (1.31%)