



Dutch Apple-Pumpkin Crisp

READY IN



75 min.

SERVINGS



8

CALORIES



287 kcal

DESSERT

Ingredients

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

- ☐ 0.3 teaspoon pumpkin pie spice
- ☐ 0.5 teaspoon pumpkin pie spice
- ☐ 8 servings whipped cream

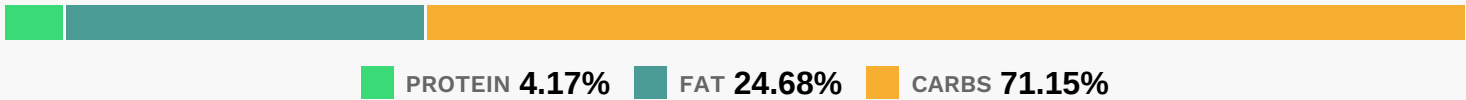
Equipment

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

Directions

- ☐ Heat oven to 350F.
- ☐ 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:14.72, Inflammation Score:-9, Nutrition Score:8.1439129321472%

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: 286.73kcal (14.34%), Fat: 8.08g (12.43%), Saturated Fat: 2.39g (14.94%), Carbohydrates: 52.39g (17.46%), Net Carbohydrates: 48.63g (17.68%), Sugar: 31.68g (35.2%), Cholesterol: 25.93mg (8.65%), Sodium: 154.74mg (6.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.14%), Vitamin A: 3150.62IU (63.01%), Fiber: 3.76g (15.03%), Manganese: 0.28mg (14.07%), Selenium: 7.21µg (10.3%), Folate: 40.48µg (10.12%), Vitamin B2: 0.16mg (9.24%), Vitamin B1: 0.13mg (8.38%), Iron: 1.3mg (7.24%), Vitamin B5: 0.62mg (6.22%), Phosphorus: 59.06mg (5.91%), Calcium: 55.06mg (5.51%), Vitamin B3: 1mg (4.97%), Vitamin B6: 0.1mg (4.78%), Potassium: 145.87mg (4.17%), Magnesium: 14.12mg (3.53%), Copper: 0.06mg (3.23%), Vitamin C: 2.32mg (2.81%), Vitamin E: 0.37mg (2.49%), Zinc: 0.33mg (2.21%), Vitamin B12: 0.11µg (1.91%), Vitamin D: 0.22µg (1.45%)