



Easy Apple Crisp

 Dairy Free

READY IN



55 min.

SERVINGS



55

CALORIES



26 kcal

DESSERT

Ingredients

- 4 cups cooking apples cored peeled thinly sliced
- 0.3 cup brown sugar packed
- 0.3 cup butter cold cut into small pieces
- 0.5 cup flour
- 0.3 tsp ground nutmeg
- 2 cups marshmallows jet-puffed miniature

Equipment

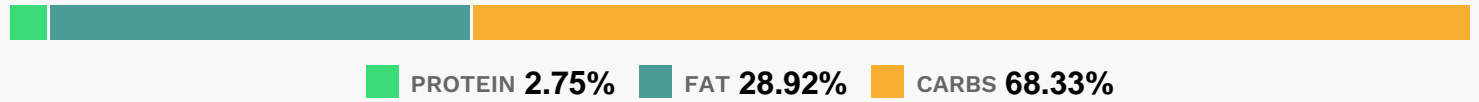
- bowl

- oven
- blender
- baking pan

Directions

- Heat oven to 350F.
- Place apples in 1-1/2-qt. shallow baking dish sprayed with cooking spray; top with marshmallows.
- Mix flour, sugar and nutmeg in medium bowl; cut in butter with pastry blender or 2 knives until mixture resembles coarse crumbs.
- Sprinkle over marshmallows.
- Bake 35 to 40 min. or until apples are tender. Cool slightly.

Nutrition Facts



Properties

Glycemic Index:4.32, Glycemic Load:1.85, Inflammation Score:-1, Nutrition Score:0.3717391298193%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 25.92kcal (1.3%), Fat: 0.86g (1.33%), Saturated Fat: 0.18g (1.13%), Carbohydrates: 4.6g (1.53%), Net Carbohydrates: 4.34g (1.58%), Sugar: 2.97g (3.3%), Cholesterol: 0mg (0%), Sodium: 11.58mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.37%), Fiber: 0.25g (1.01%)