

# Easy Apple Crisp

 Popular

READY IN



45 min.

SERVINGS



12

CALORIES



346 kcal

DESSERT

## Ingredients

- 6 apples cored peeled sliced
- 1 cup brown sugar packed
- 0.5 cup butter melted
- 1 teaspoon ground cinnamon
- 1 cup water
- 18.3 ounce duncan hines classic decadent cake mix white

## Equipment

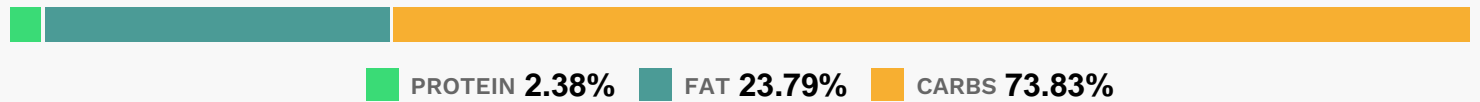
- bowl

- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
- Arrange apples in an even layer in bottom of baking dish.
- Pour water over apples.
- In a medium bowl mix together cake mix, brown sugar, and cinnamon. Stir in melted butter or margarine until ingredients are thoroughly blended; mixture will be crumbly.
- Sprinkle mixture over apples.
- Bake in preheated oven for 50 to 55 minutes.

## Nutrition Facts



## Properties

Glycemic Index:7.25, Glycemic Load:3.32, Inflammation Score:-3, Nutrition Score:5.4117391537065%

## Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

## Nutrients (% of daily need)

Calories: 345.6kcal (17.28%), Fat: 9.42g (14.49%), Saturated Fat: 5.73g (35.81%), Carbohydrates: 65.75g (21.92%), Net Carbohydrates: 63.01g (22.91%), Sugar: 45.4g (50.44%), Cholesterol: 20.34mg (6.78%), Sodium: 366.65mg (15.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.24%), Phosphorus: 158.42mg (15.84%), Calcium: 119.63mg (11.96%), Fiber: 2.75g (10.99%), Folate: 33.39µg (8.35%), Manganese: 0.16mg (8.05%), Vitamin B1: 0.11mg (7.3%), Vitamin B2: 0.12mg (7.09%), Iron: 1.1mg (6.09%), Selenium: 4.03µg (5.75%), Vitamin A: 286IU (5.72%),

Vitamin B3: 1.14mg (5.69%), Vitamin E: 0.76mg (5.08%), Vitamin C: 4.19mg (5.08%), Potassium: 151.47mg (4.33%),  
Vitamin K: 3.88µg (3.7%), Copper: 0.07mg (3.59%), Vitamin B6: 0.06mg (2.87%), Magnesium: 11.43mg (2.86%),  
Vitamin B5: 0.22mg (2.17%), Zinc: 0.25mg (1.69%)