

Easy Apple Crisp

READY IN



85 min.

SERVINGS



6

CALORIES



378 kcal

DESSERT

Ingredients

- ☐ 4 cups apples peeled sliced (Rome Beauty, Granny Smith or Greening)
- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup water
- ☐ 1 cup flour all-purpose
- ☐ 0.7 cup granulated sugar
- ☐ 0.5 cup butter softened
- ☐ 1 serving whipped cream

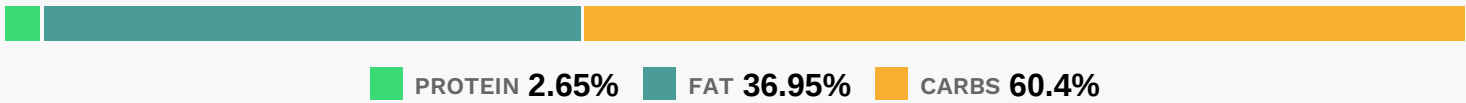
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender

Directions

- ☐ Heat oven to 375°F. Spray bottom and sides of 8-inch square pan with cooking spray.
- ☐ Spread apples in pan. In small bowl, mix brown sugar and cinnamon.
- ☐ Sprinkle mixture over apples.
- ☐ Pour water over apples.
- ☐ In medium bowl, mix flour, granulated sugar and softened butter, using pastry blender or fork, until crumbly.
- ☐ Sprinkle over apples.
- ☐ Bake 45 to 50 minutes or until topping is golden brown and apples are tender when pierced with fork. Cool 10 minutes before serving.
- ☐ Serve with ice cream or whipped cream.

Nutrition Facts



Properties

Glycemic Index:47.85, Glycemic Load:30.13, Inflammation Score:-4, Nutrition Score:5.1765216938018%

Flavonoids

Cyanidin: 1.31mg, Cyanidin: 1.31mg, Cyanidin: 1.31mg, Cyanidin: 1.31mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 6.28mg, Epicatechin: 6.28mg, Epicatechin: 6.28mg, Epicatechin: 6.28mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg,

Epigallocatechin 3–gallate: 0.16mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 378.17kcal (18.91%), Fat: 15.98g (24.59%), Saturated Fat: 9.92g (61.99%), Carbohydrates: 58.79g (19.6%), Net Carbohydrates: 56.14g (20.42%), Sugar: 39.89g (44.32%), Cholesterol: 41.43mg (13.81%), Sodium: 126.26mg (5.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.16%), Vitamin B1: 0.18mg (11.94%), Selenium: 7.51µg (10.73%), Fiber: 2.65g (10.6%), Vitamin A: 525.07IU (10.5%), Manganese: 0.21mg (10.36%), Folate: 41.32µg (10.33%), Vitamin B2: 0.14mg (8%), Vitamin B3: 1.33mg (6.63%), Iron: 1.16mg (6.45%), Vitamin C: 3.84mg (4.65%), Vitamin E: 0.61mg (4.08%), Phosphorus: 37.57mg (3.76%), Potassium: 130.82mg (3.74%), Vitamin K: 3.29µg (3.13%), Copper: 0.06mg (3.03%), Magnesium: 10.26mg (2.57%), Vitamin B6: 0.05mg (2.42%), Calcium: 23.47mg (2.35%), Vitamin B5: 0.18mg (1.79%), Zinc: 0.21mg (1.39%)