



Easy Apple Crisp with Honey



Vegetarian

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READY IN

ready

60 min.

SERVINGS

servings

8

CALORIES

calories

302 kcal

DESSERT

Ingredients

- ☐ 4.5 cups apples cored peeled sliced
- ☐ 0.8 cup brown sugar
- ☐ 4 tablespoons butter
- ☐ 0.8 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup honey
- ☐ 2 teaspoons juice of lemon
- ☐ 0.8 cup rolled oats

☐ 2 tablespoons water

Equipment

- ☐ bowl
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium casserole dish.
- ☐ Evenly spread the apple slices in the prepared dish. In a small bowl, mix the lemon juice and water, and pour over the apples.
- ☐ Drizzle apples with honey, and sprinkle with cinnamon.
- ☐ In a bowl, mix the brown sugar, flour, oats, and butter until the mixture resembles coarse crumbs.
- ☐ Sprinkle over the apples.
- ☐ Bake 25 minutes in the preheated oven, until apples are tender and topping is lightly browned.

Nutrition Facts



Properties

Glycemic Index:31.78, Glycemic Load:19.9, Inflammation Score:-3, Nutrition Score:5.2678261198427%

Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 5.29mg, Epicatechin: 5.29mg, Epicatechin: 5.29mg, Epicatechin: 5.29mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 301.9kcal (15.09%), Fat: 6.41g (9.87%), Saturated Fat: 3.72g (23.26%), Carbohydrates: 61.78g (20.59%), Net Carbohydrates: 58.82g (21.39%), Sugar: 44.86g (49.85%), Cholesterol: 15.05mg (5.02%), Sodium: 53.25mg (2.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.12%), Manganese: 0.45mg (22.72%), Fiber: 2.95g (11.8%), Selenium: 6.67µg (9.52%), Vitamin B1: 0.14mg (9.31%), Folate: 27.09µg (6.77%), Iron: 1.21mg (6.72%), Vitamin B2: 0.1mg (5.8%), Phosphorus: 55.17mg (5.52%), Magnesium: 19.27mg (4.82%), Vitamin C: 3.83mg (4.65%), Potassium: 157.78mg (4.51%), Vitamin B3: 0.9mg (4.48%), Vitamin A: 213.71IU (4.27%), Copper: 0.08mg (4.23%), Calcium: 32.69mg (3.27%), Zinc: 0.45mg (3.01%), Vitamin B6: 0.06mg (2.82%), Vitamin B5: 0.23mg (2.31%), Vitamin E: 0.34mg (2.24%), Vitamin K: 2.3µg (2.19%)