



Easy Apple Crisp with Oatmeal Streusel

 Vegetarian

READY IN



100 min.

SERVINGS



8

CALORIES



226 kcal

DESSERT

Ingredients

- 0.3 cup flour all-purpose
- 2.5 pounds apples i use 2 granny smith apples cored peeled sliced (5 or 6)
- 2 tablespoons granulated sugar
- 0.8 teaspoon ground cinnamon
- 0.5 cup brown sugar light packed
- 0.5 cup rolled oats uncooked
- 0.3 teaspoon salt fine
- 4 tablespoons butter unsalted cold plus more for coating the dish cut into small pieces, ()

Equipment

- bowl
- oven
- baking pan

Directions

- Heat the oven to 350°F and arrange a rack in the middle. Lightly coat an 8-by-8-inch baking dish with butter.
- Combine the apples, granulated sugar, cinnamon, and 1/8 teaspoon of the salt in a large bowl and toss to coat.
- Place the apple mixture in the prepared baking dish and set aside. Using the same bowl as for mixing the apples, mix together the brown sugar, oats, flour, and remaining 1/8 teaspoon salt until evenly combined. With your fingertips, blend in the butter pieces until small clumps form and the butter is well incorporated, about 2 minutes.
- Sprinkle the topping evenly over the apples and bake until the streusel is crispy and the apples are tender, about 50 to 60 minutes.
- Let cool on a rack at least 30 minutes before serving. Beverage pairing: Eifel-Pfeiffer Beerenauslese (half-bottle), Germany. Germany makes some of the world's finest sweet wines from the Riesling grape, and the wines from the Mosel region in particular can have lovely apple flavors, with hints of pear, honey, orange zest, and spice. Beerenauslese is a designation meaning an extreme selection of highly concentrated sweet grapes that make a fine, clear-flavored, syrupy wine. While sweet, it's tempered by mouth-watering acidity to keep it perfectly in balance.

Nutrition Facts



PROTEIN 2.79% **FAT 23.89%** **CARBS 73.32%**

Properties

Glycemic Index:27.76, Glycemic Load:11.31, Inflammation Score:-3, Nutrition Score:4.6321739534969%

Flavonoids

Cyanidin: 2.23mg, Cyanidin: 2.23mg, Cyanidin: 2.23mg, Cyanidin: 2.23mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 10.67mg, Epicatechin: 10.67mg, Epicatechin: 10.67mg, Epicatechin: 10.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 226.33kcal (11.32%), Fat: 6.31g (9.71%), Saturated Fat: 3.7g (23.13%), Carbohydrates: 43.6g (14.53%), Net Carbohydrates: 39.44g (14.34%), Sugar: 31.15g (34.61%), Cholesterol: 15.05mg (5.02%), Sodium: 79.17mg (3.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.32%), Fiber: 4.15g (16.62%), Manganese: 0.31mg (15.56%), Vitamin C: 6.53mg (7.91%), Vitamin B1: 0.09mg (5.91%), Potassium: 196.44mg (5.61%), Vitamin A: 252.03IU (5.04%), Selenium: 3.49µg (4.98%), Phosphorus: 44.34mg (4.43%), Vitamin B2: 0.07mg (4.32%), Magnesium: 16.72mg (4.18%), Iron: 0.74mg (4.13%), Folate: 15.76µg (3.94%), Copper: 0.07mg (3.7%), Vitamin K: 3.78µg (3.6%), Vitamin B6: 0.07mg (3.58%), Vitamin E: 0.45mg (2.98%), Calcium: 26.97mg (2.7%), Vitamin B3: 0.51mg (2.57%), Zinc: 0.29mg (1.95%), Vitamin B5: 0.19mg (1.93%)