



Easy Granola Apple Crisp

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



9

CALORIES



109 kcal

DESSERT

Ingredients

- 12 oz apples light yoplait®
- 6 cups apples peeled sliced (6 medium)
- 2 tablespoons butter melted
- 6 rolled oats crushed (3 pouches from 8.9-oz box)
- 0.3 cup sugar

Equipment

- bowl
- oven

- baking pan
- glass baking pan

Directions

- Heat oven to 350F. Spray 8-inch glass baking dish with cooking spray. In medium bowl, toss apples with sugar and yogurt; spoon evenly into baking dish.
- In small bowl, mix crushed granola bars with butter; sprinkle over apple mixture.
- Bake 45 to 55 minutes or until apples are tender. Cool slightly.
- Serve warm with additional yogurt, if desired.

Nutrition Facts

PROTEIN 1.47% **FAT 21.21%** **CARBS 77.32%**

Properties

Glycemic Index:19.34, Glycemic Load:8.45, Inflammation Score:-2, Nutrition Score:2.1965217119002%

Flavonoids

Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 9.12mg, Epicatechin: 9.12mg, Epicatechin: 9.12mg, Epicatechin: 9.12mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg

Nutrients (% of daily need)

Calories: 109.27kcal (5.46%), Fat: 2.77g (4.26%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 22.73g (7.58%), Net Carbohydrates: 19.75g (7.18%), Sugar: 18.15g (20.17%), Cholesterol: 0mg (0%), Sodium: 30.64mg (1.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.86%), Fiber: 2.97g (11.9%), Vitamin C: 5.58mg (6.76%), Potassium: 133.44mg (3.81%), Vitamin A: 176.7IU (3.53%), Manganese: 0.07mg (3.34%), Vitamin K: 2.68µg (2.55%), Vitamin B6: 0.05mg (2.53%), Vitamin E: 0.32mg (2.12%), Vitamin B2: 0.03mg (2.04%), Copper: 0.04mg (1.79%), Magnesium: 7.07mg (1.77%), Phosphorus: 16.77mg (1.68%), Vitamin B1: 0.02mg (1.6%)