



Easy Individual Apple Crisps with Oatmeal Crumble

READY IN



45 min.

SERVINGS



4

CALORIES



246 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 4.5 teaspoons butter melted
- ☐ 1 gala apple cored halved
- ☐ 1 apples i use 2 granny smith apples cored halved
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 Dash ground nutmeg
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 8 small oatmeal cookies crumbled prepared

☐ 0.3 teaspoon vanilla extract

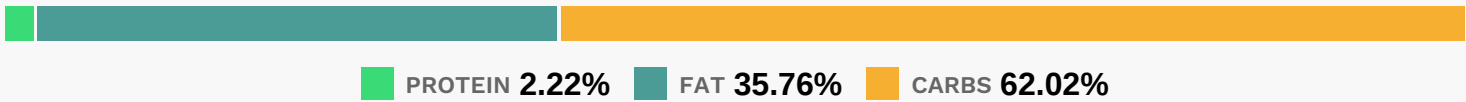
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ ramekin
- ☐ mandoline

Directions

- ☐ Preheat oven to 425
- ☐ Cut apples into thin slices using a mandoline or a sharp knife.
- ☐ Place apples, brown sugar, butter, lemon juice, vanilla, cinnamon, and nutmeg in a large bowl; toss to coat. Divide apple mixture evenly among 4 (6-ounce) ramekins, arranging apple slices in a fan shape.
- ☐ Sprinkle each ramekin evenly with crumbled oatmeal cookies.
- ☐ Bake at 425 for 9 minutes or until the apples are crisp-tender.

Nutrition Facts



Properties

Glycemic Index:63.25, Glycemic Load:11.37, Inflammation Score:-3, Nutrition Score:3.6586956524331%

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 Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg,

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

Nutrients (% of daily need)

Calories: 245.59kcal (12.28%), Fat: 10.06g (15.47%), Saturated Fat: 4.6g (28.77%), Carbohydrates: 39.24g (13.08%), Net Carbohydrates: 36.67g (13.33%), Sugar: 27.29g (30.33%), Cholesterol: 12.09mg (4.03%), Sodium: 111.63mg (4.85%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 1.4g (2.81%), Fiber: 2.57g (10.28%), Manganese: 0.16mg (7.81%), Vitamin C: 5.17mg (6.26%), Vitamin B1: 0.09mg (5.86%), Vitamin E: 0.79mg (5.26%), Vitamin B2: 0.09mg (5.25%), Folate: 19.93µg (4.98%), Iron: 0.82mg (4.58%), Vitamin K: 4.63µg (4.41%), Vitamin A: 207.68IU (4.15%), Potassium: 138.97mg (3.97%), Vitamin B3: 0.76mg (3.82%), Vitamin B6: 0.06mg (2.96%), Copper: 0.05mg (2.63%), Phosphorus: 25.94mg (2.59%), Magnesium: 9.41mg (2.35%), Calcium: 22.71mg (2.27%), Selenium: 1.47µg (2.1%), Vitamin B5: 0.14mg (1.44%), Zinc: 0.15mg (1.02%)