



Family Favorite Apple Crisp

 Vegetarian

READY IN



55 min.

SERVINGS



8

CALORIES



444 kcal

DESSERT

Ingredients

- ☐ 3 pounds apples cored peeled sliced
- ☐ 1.5 cups brown sugar
- ☐ 0.5 cup butter
- ☐ 1 cup flour all-purpose
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 2 tablespoons juice of lemon
- ☐ 1 cup rolled oats
- ☐ 1 teaspoon salt

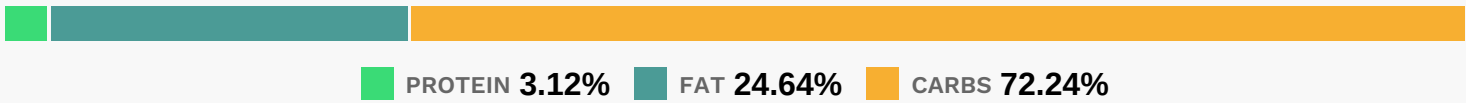
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Butter a 9x13-inch baking dish.
- ☐ Spread apple slices into prepared baking pan. Dot with 1 tablespoon butter pieces and sprinkle with lemon juice.
- ☐ Mix flour, rolled oats, brown sugar, cinnamon, and salt together in a bowl.
- ☐ Cut butter into oat mixture until the mixture resembles coarse crumbs; spread over apples.
- ☐ Bake in the preheated oven until topping is browned and apples are soft and tender, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:17.18, Inflammation Score:-5, Nutrition Score:8.4265218364156%

Flavonoids

Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 12.81mg, Epicatechin: 12.81mg, Epicatechin: 12.81mg, Epicatechin: 12.81mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg

Nutrients (% of daily need)

Calories: 443.96kcal (22.2%), Fat: 12.62g (19.42%), Saturated Fat: 7.48g (46.75%), Carbohydrates: 83.29g (27.76%), Net Carbohydrates: 77.56g (28.2%), Sugar: 57.96g (64.4%), Cholesterol: 30.5mg (10.17%), Sodium: 396.16mg (17.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.18%), Manganese: 0.63mg (31.35%), Fiber: 5.74g (22.95%), Vitamin B1: 0.2mg (13.33%), Selenium: 8.88µg (12.68%), Vitamin C: 9.29mg (11.26%), Folate: 38.55µg (9.64%), Iron: 1.69mg (9.4%), Vitamin A: 447.73IU (8.95%), Potassium: 299.22mg (8.55%), Vitamin B2: 0.14mg (8.39%), Phosphorus: 82.73mg (8.27%), Magnesium: 30.38mg (7.6%), Copper: 0.13mg (6.48%), Vitamin B3: 1.25mg (6.25%), Calcium: 59.62mg (5.96%), Vitamin B6: 0.11mg (5.32%), Vitamin K: 5.1µg (4.86%), Vitamin E: 0.7mg (4.68%), Zinc: 0.58mg (3.87%), Vitamin B5: 0.36mg (3.62%)