

Fresh Apricot Crisp

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



398 kcal

DESSERT

Ingredients

- 4 cups apricots
- 0.8 cup brown sugar
- 0.5 cup butter
- 0.5 cup flour all-purpose
- 0.8 cup rolled oats
- 0.3 cup granulated sugar white

Equipment

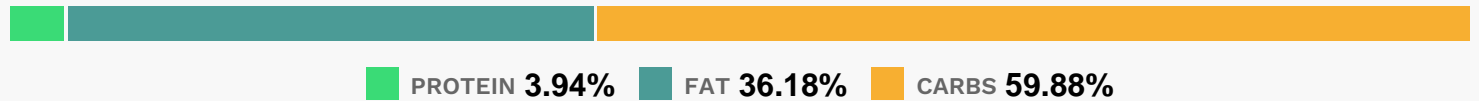
- bowl

- oven
- baking pan
- pastry cutter

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Arrange the apricots in a 9x12-inch baking dish and sprinkle with white sugar.
- Mix together brown sugar and flour in a bowl; cut in the butter with a pastry cutter until the mixture resembles coarse crumbs. Lightly stir in the rolled oats and spoon the mixture over the apricots.
- Bake in the preheated oven until the fruit is soft and the topping is browned and crisp, 35 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:46.13, Glycemic Load:17.83, Inflammation Score:-9, Nutrition Score:9.531304154707%

Flavonoids

Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg Epicatechin: 4.9mg, Epicatechin: 4.9mg, Epicatechin: 4.9mg, Epicatechin: 4.9mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 398.14kcal (19.91%), Fat: 16.53g (25.44%), Saturated Fat: 9.88g (61.75%), Carbohydrates: 61.57g (20.52%), Net Carbohydrates: 58.2g (21.16%), Sugar: 44.68g (49.64%), Cholesterol: 40.67mg (13.56%), Sodium: 131.27mg (5.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.11%), Vitamin A: 2462.93IU (49.26%), Manganese: 0.54mg (26.82%), Fiber: 3.37g (13.49%), Vitamin C: 10.33mg (12.53%), Vitamin B1: 0.16mg (10.69%), Selenium: 7.13µg (10.19%), Potassium: 356.75mg (10.19%), Vitamin E: 1.41mg (9.38%), Iron: 1.52mg (8.45%), Phosphorus: 82.21mg (8.22%), Folate: 32.45µg (8.11%), Copper: 0.15mg (7.44%), Magnesium: 29.46mg (7.37%), Vitamin B3: 1.39mg (6.93%), Vitamin B2: 0.12mg (6.85%), Calcium: 47.71mg (4.77%), Vitamin K: 4.97µg (4.73%), Vitamin B5: 0.46mg (4.64%), Zinc: 0.67mg (4.5%), Vitamin B6: 0.08mg (4.12%)