



Gluten-Free Apple Crisp

READY IN



60 min.

SERVINGS



12

CALORIES



179 kcal

DESSERT

Ingredients

- 6 large baking apples are apples that have a sweet-tart balance and hold their shape when thinly sliced
- 1 teaspoon ground cinnamon
- 15 oz betty crocker's cake mix gluten free yellow
- 0.5 cup nuts chopped
- 0.5 cup butter softened
- 1 teaspoon ground cinnamon
- 1 eggs beaten
- 1 serving whipped cream gluten-free

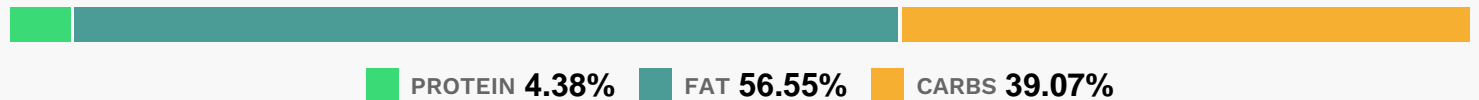
Equipment

- bowl
- frying pan
- oven
- blender

Directions

- Heat oven to 350°F. In large bowl, toss apples and 1 teaspoon cinnamon.
- Spread apples evenly in ungreased 13x9-inch pan.
- In large bowl, mix cake mix and nuts. With pastry blender or fork, cut in butter until crumbly.
- Add 1 teaspoon cinnamon and the egg; mix well.
- Sprinkle evenly over apples.
- Bake about 45 minutes or until topping is light brown.
- Serve warm with ice cream.

Nutrition Facts



Properties

Glycemic Index:15.22, Glycemic Load:5.13, Inflammation Score:-4, Nutrition Score:4.0530434613642%

Flavonoids

Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 178.89kcal (8.94%), Fat: 11.91g (18.32%), Saturated Fat: 5.8g (36.23%), Carbohydrates: 18.51g (6.17%), Net Carbohydrates: 15.08g (5.48%), Sugar: 12.79g (14.21%), Cholesterol: 36.4mg (12.13%), Sodium: 72.29mg (3.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.15%), Fiber: 3.43g (13.73%), Manganese: 0.21mg (10.75%), Vitamin A: 341.41IU (6.83%), Vitamin C: 5.2mg (6.3%), Copper: 0.11mg (5.59%), Phosphorus: 53.88mg (5.39%), Magnesium: 20.67mg (5.17%), Potassium: 174.84mg (5%), Vitamin B2: 0.07mg (4.37%), Vitamin B6: 0.07mg (3.66%), Vitamin E: 0.48mg (3.22%), Vitamin K: 3.25µg (3.09%), Calcium: 25.59mg (2.56%), Iron: 0.45mg (2.53%), Zinc: 0.37mg (2.48%), Vitamin B5: 0.24mg (2.4%), Vitamin B1: 0.04mg (2.35%), Folate: 8.65µg (2.16%), Vitamin B3: 0.4mg (2.01%), Selenium: 1.33µg (1.9%), Vitamin B12: 0.07µg (1.17%)