

# Gluten-Free Bisquick® Apple Crisp

 Gluten Free  Dairy Free

READY IN



115 min.

SERVINGS



12

CALORIES



200 kcal

DESSERT

## Ingredients

- 10 cups baking apples are apples that have a sweet-tart balance and hold their shape when cored peeled sliced (Greening, Rome, Granny Smith)
- 0.5 cup apple cider
- 2 tablespoons agave nectar raw blue
- 1 teaspoon ground cinnamon
- 1.3 cups brown sugar packed
- 2 teaspoons ground cinnamon
- 6 tablespoons country crock buttery spread cut into cubes
- 1 serving whipped cream

1 cup frangelico gluten free

## Equipment

- bowl
- frying pan
- oven
- blender
- baking pan

## Directions

- Heat oven to 350°F. Grease bottom and sides of 13x9-inch baking dish with vegan buttery spread.
- In large bowl, mix apple filling ingredients; set aside.
- In medium bowl, mix brown sugar, Bisquick® mix and 2 teaspoons cinnamon.
- Cut in spread, using pastry blender (or pulling 2 table knives through mixture in opposite directions), until mixture is crumbly.
- Spread 4 cups of the apple filling in pan; sprinkle 1/2 cup crisp topping over apples. Spoon remaining apple filling on top; sprinkle with remaining crisp topping.
- Bake 50 to 55 minutes or until topping is golden brown and apples are tender when pierced with a fork.
- Serve with whipped cream.

## Nutrition Facts

 **PROTEIN 0.68%**  **FAT 20.82%**  **CARBS 78.5%**

## Properties

Glycemic Index:12.73, Glycemic Load:4.69, Inflammation Score:-3, Nutrition Score:3.2573912972179%

## Flavonoids

Cyanidin: 1.64mg, Cyanidin: 1.64mg, Cyanidin: 1.64mg, Cyanidin: 1.64mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg

Epicatechin: 8.31mg, Epicatechin: 8.31mg, Epicatechin: 8.31mg, Epicatechin: 8.31mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg

## **Nutrients (% of daily need)**

Calories: 199.95kcal (10%), Fat: 4.85g (7.46%), Saturated Fat: 1.27g (7.94%), Carbohydrates: 41.12g (13.71%), Net Carbohydrates: 38.32g (13.94%), Sugar: 36.44g (40.49%), Cholesterol: 0.38mg (0.13%), Sodium: 53.3mg (2.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.36g (0.71%), Fiber: 2.79g (11.17%), Vitamin E: 1.59mg (10.61%), Manganese: 0.15mg (7.3%), Vitamin K: 7.13µg (6.79%), Vitamin C: 5.49mg (6.66%), Vitamin A: 328.58IU (6.57%), Potassium: 156.86mg (4.48%), Calcium: 31.61mg (3.16%), Vitamin B6: 0.06mg (3.15%), Copper: 0.04mg (2.11%), Vitamin B2: 0.04mg (2.06%), Magnesium: 8.15mg (2.04%), Iron: 0.34mg (1.91%), Vitamin B1: 0.02mg (1.62%), Phosphorus: 14.14mg (1.41%), Folate: 4.45µg (1.11%), Vitamin B5: 0.1mg (1.02%)