



WHATSheATE



Golden Delicious Apple Crisp



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



493 kcal

DESSERT

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 10 tablespoons butter
- ☐ 0.8 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup pecans chopped
- ☐ 6 cups delicious apples peeled sliced (6 medium)
- ☐ 1 cup oats
- ☐ 1 cup self raising flour gold medal®

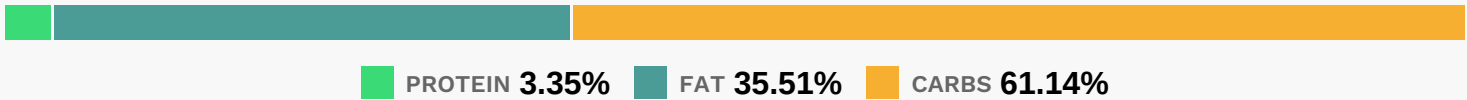
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Grease 13x9-inch (3-quart) glass baking dish with shortening or cooking spray. In large bowl, mix granulated sugar, 2 tablespoons flour and the cinnamon.
- ☐ Add apples; stir to coat evenly.
- ☐ Pour into baking dish.
- ☐ In medium bowl, mix 1 cup flour and the brown sugar. With pastry blender or fork, cut in butter until mixture looks like coarse crumbs. Stir in oats and pecans.
- ☐ Sprinkle crumb mixture evenly over fruit mixture.
- ☐ Bake 30 to 35 minutes or until topping is golden brown.

Nutrition Facts



Properties

Glycemic Index:28.01, Glycemic Load:26.22, Inflammation Score:-6, Nutrition Score:7.7500000012958%

Flavonoids

Cyanidin: 2.2mg, Cyanidin: 2.2mg, Cyanidin: 2.2mg, Cyanidin: 2.2mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 7.12mg, Epicatechin: 7.12mg, Epicatechin: 7.12mg, Epicatechin: 7.12mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg 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: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 493.46kcal (24.67%), Fat: 20.13g (30.97%), Saturated Fat: 3.52g (22.01%), Carbohydrates: 77.99g (26%), Net Carbohydrates: 73.62g (26.77%), Sugar: 55.56g (61.73%), Cholesterol: 0mg (0%), Sodium: 174.78mg (7.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.55%), Manganese: 0.87mg (43.56%), Fiber: 4.37g (17.48%), Selenium: 9.84µg (14.05%), Vitamin A: 681.1IU (13.62%), Copper: 0.19mg (9.49%), Phosphorus: 91.1mg (9.11%), Magnesium: 33.9mg (8.47%), Vitamin B1: 0.12mg (8.12%), Potassium: 225.4mg (6.44%), Vitamin E: 0.91mg (6.1%), Iron: 1.07mg (5.95%), Zinc: 0.86mg (5.74%), Vitamin C: 4.43mg (5.37%), Calcium: 47.52mg (4.75%), Vitamin B6: 0.08mg (4.09%), Vitamin B2: 0.07mg (4.02%), Vitamin B5: 0.35mg (3.49%), Folate: 13.17µg (3.29%), Vitamin K: 2.59µg (2.47%), Vitamin B3: 0.47mg (2.35%)