



Granny's Sweet-and-Tart Apple Crisp

 Vegetarian

READY IN



50 min.

SERVINGS



9

CALORIES



205 kcal

DESSERT

Ingredients

- ☐ 0.8 cup brown sugar
- ☐ 0.3 cup butter softened
- ☐ 0.5 cup flour all-purpose
- ☐ 3 granny smith apples cut into 1/2-inch dice
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.8 teaspoon ground nutmeg
- ☐ 0.5 cup old-fashioned oats

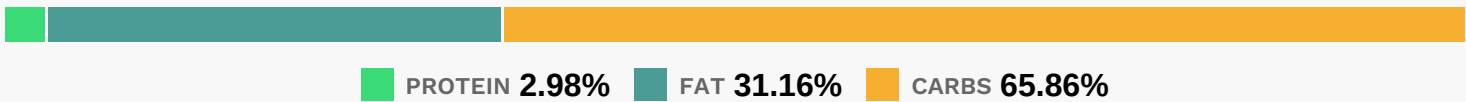
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Spread diced apples into the bottom of a 9-inch square baking dish.
- ☐ Stir brown sugar, oats, flour, cinnamon, and nutmeg together in a bowl. Mash softened butter into the sugar mixture with a fork until you get a crumbly consistency; spread over apples to cover.
- ☐ Bake in preheated oven until the apples are tender, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:30.22, Glycemic Load:7.12, Inflammation Score:-3, Nutrition Score:3.5743478374637%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 205.13kcal (10.26%), Fat: 7.35g (11.3%), Saturated Fat: 4.44g (27.77%), Carbohydrates: 34.93g (11.64%), Net Carbohydrates: 32.71g (11.89%), Sugar: 24.21g (26.9%), Cholesterol: 18.08mg (6.03%), Sodium: 60.25mg (2.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.16%), Manganese: 0.28mg (13.89%), Fiber: 2.22g (8.89%), Vitamin B1: 0.09mg (5.77%), Selenium: 3.97µg (5.67%), Vitamin A: 243.52IU (4.87%), Folate: 16.54µg (4.14%), Iron: 0.74mg (4.1%), Phosphorus: 35.85mg (3.59%), Vitamin B2: 0.06mg (3.53%), Vitamin C: 2.8mg (3.4%), Potassium: 116.35mg (3.32%), Magnesium: 13mg (3.25%), Copper: 0.05mg (2.74%), Vitamin B3: 0.54mg (2.72%),

Calcium: 26.24mg (2.62%), Vitamin E: 0.33mg (2.21%), Vitamin B6: 0.04mg (2.04%), Vitamin K: 2.09µg (1.99%),
Zinc: 0.26mg (1.71%), Vitamin B5: 0.15mg (1.52%)