



## Healthier Apple Crisp II

 Vegetarian  Popular

READY IN



75 min.

SERVINGS



15

CALORIES



224 kcal

DESSERT

### Ingredients

- 10 cups apples cored unpeeled sliced
- 0.3 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.5 cup brown sugar packed
- 0.5 cup butter melted
- 1 teaspoon ground cinnamon
- 1 cup cooking oats quick
- 0.5 cup walnuts chopped

- 0.5 cup water
- 0.5 cup sugar white
- 1 cup flour whole wheat white

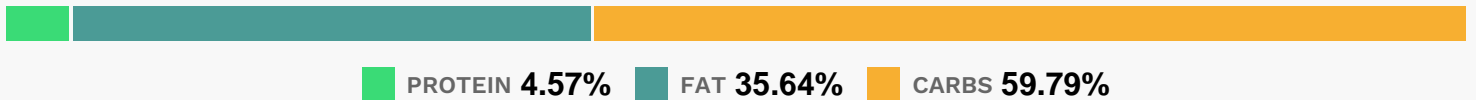
## Equipment

- frying pan
- oven

## Directions

- Preheat oven to 350 degrees F (175 degree C).
- Place the sliced apples in a 9x13 inch pan.
- Mix the white sugar, 1 tablespoon flour and ground cinnamon together, and sprinkle over apples.
- Pour water evenly over all.
- Combine the oats, 1 cup flour, brown sugar, baking powder, baking soda, walnuts and melted butter together. Crumble evenly over the apple mixture.
- Bake at 350 degrees F (175 degrees C) for about 45 minutes.

## Nutrition Facts



## Properties

Glycemic Index:22.27, Glycemic Load:9.83, Inflammation Score:-3, Nutrition Score:4.2539130637179%

## Flavonoids

Cyanidin: 1.41mg, Cyanidin: 1.41mg, Cyanidin: 1.41mg, Cyanidin: 1.41mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 6.28mg, Epicatechin: 6.28mg, Epicatechin: 6.28mg, Epicatechin: 6.28mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Quercetin: 3.34mg, Quercetin: 3.34mg

## Nutrients (% of daily need)

Calories: 223.68kcal (11.18%), Fat: 9.35g (14.38%), Saturated Fat: 4.21g (26.33%), Carbohydrates: 35.28g (11.76%), Net Carbohydrates: 31.64g (11.51%), Sugar: 22.62g (25.13%), Cholesterol: 16.27mg (5.42%), Sodium: 77.56mg (3.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.39%), Manganese: 0.42mg (21.15%), Fiber: 3.64g (14.56%), Magnesium: 25.91mg (6.48%), Copper: 0.11mg (5.51%), Phosphorus: 51.07mg (5.11%), Vitamin C: 3.89mg (4.71%), Vitamin A: 235.26IU (4.71%), Potassium: 146.81mg (4.19%), Iron: 0.73mg (4.04%), Vitamin B1: 0.06mg (3.8%), Selenium: 2.24µg (3.2%), Vitamin B6: 0.06mg (3.2%), Calcium: 30.16mg (3.02%), Vitamin E: 0.39mg (2.63%), Vitamin K: 2.68µg (2.56%), Zinc: 0.34mg (2.26%), Vitamin B2: 0.04mg (2.23%), Folate: 8.36µg (2.09%), Vitamin B5: 0.13mg (1.3%)