



Honey-Apple Crumble with Dried Fruit



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



297 kcal

DESSERT

Ingredients

- ☐ 1.8 cups apple cider
- ☐ 2.5 pounds rome apples peeled cut into 8 wedges
- ☐ 0.5 cup brown sugar divided packed
- ☐ 0.5 cup nutlike cereal nuggets (such as Grape-Nuts)
- ☐ 0.3 cup apricots dried finely chopped
- ☐ 0.3 cup cranberries dried
- ☐ 5 tablespoons flour all-purpose divided
- ☐ 1 teaspoon ground cinnamon divided

- ☐ 3 tablespoons honey
- ☐ 1 teaspoon vanilla extract

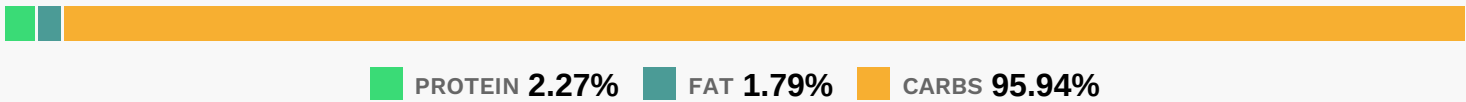
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ colander

Directions

- ☐ Preheat oven to 35
- ☐ Bring cider to a boil.
- ☐ Remove from heat, and stir in apricots and cranberries.
- ☐ Let stand 20 minutes.
- ☐ Drain dried fruit in a colander over a bowl, reserving cider.
- ☐ Combine dried fruit, cereal, 1/4 cup sugar, 1 tablespoon flour, and 1/2 teaspoon cinnamon in a bowl.
- ☐ Combine 1/4 cup sugar, 1/4 cup flour, and 1/2 teaspoon cinnamon in a large bowl. Stir in reserved cider, honey, and vanilla.
- ☐ Add apples, tossing gently to coat.
- ☐ Place apple mixture in an 11 x 7-inch baking dish coated with cooking spray; top with cereal mixture.
- ☐ Bake at 350 for 55 minutes.

Nutrition Facts



Properties

Glycemic Index:51.78, Glycemic Load:20.47, Inflammation Score:-5, Nutrition Score:7.6217390765315%

Flavonoids

Cyanidin: 3.01mg, Cyanidin: 3.01mg, Cyanidin: 3.01mg, Cyanidin: 3.01mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 3.32mg, Catechin: 3.32mg, Catechin: 3.32mg, Catechin: 3.32mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 17.47mg, Epicatechin: 17.47mg, Epicatechin: 17.47mg, Epicatechin: 17.47mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.36mg, Epigallocatechin 3–gallate: 0.36mg, Epigallocatechin 3–gallate: 0.36mg, Epigallocatechin 3–gallate: 0.36mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg

Nutrients (% of daily need)

Calories: 296.56kcal (14.83%), Fat: 0.63g (0.97%), Saturated Fat: 0.1g (0.61%), Carbohydrates: 75.88g (25.29%), Net Carbohydrates: 69.56g (25.3%), Sugar: 59.97g (66.63%), Cholesterol: 0mg (0%), Sodium: 29.21mg (1.27%), Alcohol: 0.23g (100%), Alcohol %: 0.09% (100%), Protein: 1.8g (3.59%), Fiber: 6.31g (25.25%), Manganese: 0.38mg (19.23%), Vitamin C: 9.44mg (11.45%), Potassium: 393.78mg (11.25%), Iron: 1.9mg (10.55%), Folate: 40.3µg (10.07%), Vitamin B1: 0.14mg (9.37%), Vitamin B2: 0.15mg (8.74%), Vitamin B6: 0.17mg (8.48%), Vitamin A: 382.28IU (7.65%), Vitamin B3: 1.36mg (6.78%), Magnesium: 25.98mg (6.49%), Selenium: 4.4µg (6.29%), Copper: 0.12mg (6.04%), Phosphorus: 52.98mg (5.3%), Vitamin E: 0.72mg (4.83%), Vitamin K: 4.88µg (4.65%), Calcium: 41.94mg (4.19%), Vitamin B12: 0.17µg (2.78%), Vitamin B5: 0.28mg (2.77%), Zinc: 0.36mg (2.41%)