



Individual Apple Crisps

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



363 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon cinnamon
- ☐ 2 tablespoons brown sugar dark packed
- ☐ 0.5 cup flour all-purpose
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 2 teaspoons juice of lemon
- ☐ 4 servings salt
- ☐ 4 tablespoons sugar
- ☐ 3 large tart-sweet apples cored peeled cut into 1-inch cubes (such as Braeburn, Gala or McIntosh)

- ☐ 4 tablespoons butter unsalted melted
- ☐ 3 tablespoons walnuts finely chopped

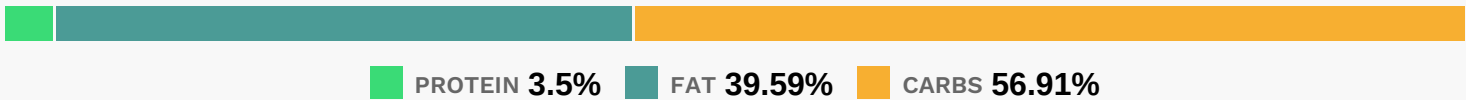
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ ramekin

Directions

- ☐ Preheat oven to 400F. In a medium bowl, whisk together flour, walnuts, 2 Tbsp. of sugar, brown sugar, cinnamon, nutmeg and a pinch of salt.
- ☐ Pour butter over dry ingredients and mix with a fork, breaking up any large chunks. Set aside.
- ☐ In a separate bowl, combine apple cubes with remaining 2 Tbsp. sugar and lemon juice, tossing to coat. Divide among four small oven-safe ramekins and top each with 1/4 of walnut mixture.
- ☐ Place ramekins on a baking sheet and bake until fruit is soft and topping is browned, 30 to 35 minutes.
- ☐ Serve warm with scoops of vanilla ice cream, if desired.

Nutrition Facts



Properties

Glycemic Index:68.02, Glycemic Load:23.22, Inflammation Score:-5, Nutrition Score:7.3291305057381%

Flavonoids

Cyanidin: 2.83mg, Cyanidin: 2.83mg, Cyanidin: 2.83mg, Cyanidin: 2.83mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg Epicatechin: 12.59mg, Epicatechin: 12.59mg, Epicatechin: 12.59mg, Epicatechin: 12.59mg Epicatechin 3-gallate:

0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg
Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg,
Epigallocatechin 3–gallate: 0.32mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg
Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg,
Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg,
Luteolin: 0.2mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin:
6.72mg, Quercetin: 6.72mg, Quercetin: 6.72mg, Quercetin: 6.72mg

Nutrients (% of daily need)

Calories: 363.46kcal (18.17%), Fat: 16.75g (25.77%), Saturated Fat: 7.74g (48.37%), Carbohydrates: 54.18g (18.06%),
Net Carbohydrates: 49.16g (17.88%), Sugar: 35.52g (39.47%), Cholesterol: 30.1mg (10.03%), Sodium: 199.31mg
(8.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.66%), Manganese: 0.45mg (22.52%), Fiber:
5.03g (20.1%), Vitamin B1: 0.18mg (11.88%), Vitamin C: 8.77mg (10.62%), Folate: 42µg (10.5%), Copper: 0.19mg
(9.72%), Vitamin A: 442.26IU (8.85%), Selenium: 5.96µg (8.51%), Vitamin B2: 0.14mg (8.2%), Potassium: 243.7mg
(6.96%), Iron: 1.21mg (6.73%), Phosphorus: 65.24mg (6.52%), Magnesium: 24.81mg (6.2%), Vitamin B6: 0.12mg (6%),
Vitamin B3: 1.18mg (5.88%), Vitamin K: 4.95µg (4.71%), Vitamin E: 0.69mg (4.63%), Calcium: 29.83mg (2.98%), Zinc:
0.43mg (2.86%), Vitamin B5: 0.24mg (2.4%), Vitamin D: 0.21µg (1.4%)