



Individual Microwave Apple Crisps

READY IN



10 min.

SERVINGS



2

CALORIES



237 kcal

DESSERT

Ingredients

- ☐ 1 medium apples cored peeled thinly sliced
- ☐ 1 teaspoon butter melted
- ☐ 1 tablespoon brown sugar packed
- ☐ 1 teaspoon flour all-purpose
- ☐ 0.3 teaspoon apple pie spice
- ☐ 0.5 cup cereal
- ☐ 1 serving apple pie spice

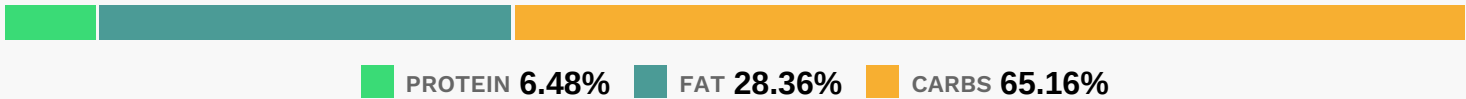
Equipment

- ☐ bowl
- ☐ ramekin
- ☐ microwave

Directions

- ☐ In medium bowl, toss apple slices and butter.
- ☐ Add brown sugar, flour and 1/4 teaspoon apple pie spice. Toss to coat evenly.
- ☐ Spray two 4- to 6-oz microwavable ramekins with cooking spray. Divide apples between ramekins. Microwave ramekins uncovered on High 1 minute 30 seconds to 2 minutes or until apples are softened. Top each with 1/4 cup of the granola.
- ☐ Top with dollop of yogurt and additional apple pie spice.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:78.5, Glycemic Load:3.87, Inflammation Score:-3, Nutrition Score:7.3369564673175%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg 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: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 236.68kcal (11.83%), Fat: 7.78g (11.97%), Saturated Fat: 2.04g (12.74%), Carbohydrates: 40.22g (13.41%), Net Carbohydrates: 36.32g (13.21%), Sugar: 21.57g (23.97%), Cholesterol: 5.38mg (1.79%), Sodium: 29.14mg (1.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4g (8%), Manganese: 0.98mg (48.94%), Fiber: 3.91g (15.63%), Phosphorus: 102.49mg (10.25%), Vitamin E: 1.41mg (9.41%), Iron: 1.67mg (9.3%), Magnesium: 34.13mg (8.53%),

Selenium: 5.78µg (8.26%), Vitamin B1: 0.12mg (7.93%), Potassium: 230.33mg (6.58%), Copper: 0.12mg (6.05%),
Vitamin C: 4.39mg (5.32%), Vitamin B2: 0.09mg (5.02%), Zinc: 0.68mg (4.5%), Calcium: 42.53mg (4.25%), Vitamin
B6: 0.08mg (3.99%), Folate: 15.24µg (3.81%), Vitamin K: 3.73µg (3.56%), Vitamin B5: 0.24mg (2.44%), Vitamin B3:
0.46mg (2.28%), Vitamin A: 113.57IU (2.27%)