



Individual Microwave Apple Crisps

READY IN



10 min.

SERVINGS



2

CALORIES



303 kcal

DESSERT

Ingredients

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

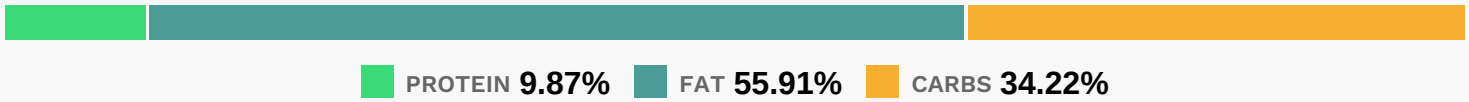
Equipment

- ☐ 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:83.5, Glycemic Load:4.2, Inflammation Score:-6, Nutrition Score:13.601739025958%

Flavonoids

Cyanidin: 2.31mg, Cyanidin: 2.31mg, Cyanidin: 2.31mg, Cyanidin: 2.31mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg Epigallocatechin: 1.16mg, Epigallocatechin: 1.16mg, Epigallocatechin: 1.16mg, Epigallocatechin: 1.16mg Epicatechin: 7.07mg, Epicatechin: 7.07mg, Epicatechin: 7.07mg, Epicatechin: 7.07mg 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 Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 302.95kcal (15.15%), Fat: 20.19g (31.06%), Saturated Fat: 2.75g (17.2%), Carbohydrates: 27.8g (9.27%), Net Carbohydrates: 20.93g (7.61%), Sugar: 16.94g (18.82%), Cholesterol: 5.38mg (1.79%), Sodium: 19.69mg (0.86%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.02g (16.04%), Vitamin E: 9.4mg (62.66%), Manganese: 1.06mg (52.87%), Fiber: 6.86g (27.46%), Magnesium: 103.58mg (25.9%), Vitamin B2: 0.44mg (25.81%), Copper: 0.4mg (20.16%), Phosphorus: 185.36mg (18.54%), Calcium: 115.88mg (11.59%), Potassium: 377.36mg (10.78%), Iron: 1.77mg (9.84%), Zinc: 1.19mg (7.95%), Vitamin B3: 1.47mg (7.36%), Vitamin B1: 0.1mg (6.56%), Vitamin C: 4.48mg (5.43%), Folate: 20.73µg (5.18%), Vitamin B6: 0.09mg (4.71%), Selenium: 2.02µg (2.88%), Vitamin K: 2.54µg (2.41%), Vitamin B5: 0.24mg (2.38%), Vitamin A: 115.24IU (2.3%)