



Just-Like-Mom's Apple Crisp

 Dairy Free

READY IN



55 min.

SERVINGS



55

CALORIES



43 kcal

DESSERT

Ingredients

- 0.3 cup brown sugar packed
- 0.5 cup brown sugar packed
- 0.3 cup butter melted
- 0.3 cup flour
- 2 Tbsp flour
- 0.5 cup graham crackers crushed finely
- 6 cups granny smith apples peeled sliced
- 1 tsp ground cinnamon divided

- 0.5 cup quick-cooking oats
- 0.3 cup planters walnuts

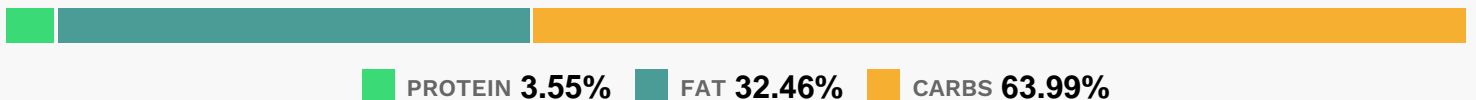
Equipment

- bowl
- oven
- baking pan

Directions

- Heat oven to 375F.
- Mix oats, graham crumbs, 1/3 cup each brown sugar and flour, nuts, butter and 1/2 tsp. cinnamon until well blended; set aside.
- Mix 1/2 cup brown sugar, 2 Tbsp. flour and remaining cinnamon in large bowl.
- Add apples; toss to coat.
- Place in 8-inch square baking dish; sprinkle with oat topping.
- Bake 35 to 40 min. or until apples are tender. Cool slightly.

Nutrition Facts



Properties

Glycemic Index:6.29, Glycemic Load:1.8, Inflammation Score:-1, Nutrition Score:0.85173912621711%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.03mg, Epicatechin: 1.03mg, Epicatechin: 1.03mg, Epicatechin: 1.03mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 43.2kcal (2.16%), Fat: 1.62g (2.49%), Saturated Fat: 0.29g (1.81%), Carbohydrates: 7.19g (2.4%), Net Carbohydrates: 6.67g (2.43%), Sugar: 4.87g (5.41%), Cholesterol: 0mg (0%), Sodium: 19.49mg (0.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.8%), Manganese: 0.07mg (3.6%), Fiber: 0.51g (2.05%), Vitamin B1: 0.02mg (1.21%), Magnesium: 4.59mg (1.15%), Vitamin A: 56.82IU (1.14%)