



Los Rios Apple Crisp

 Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



339 kcal

DESSERT

Ingredients

- 0.8 cup firmly brown sugar packed
- 0.3 lb butter cut into 1/2-inch chunks
- 0.8 cup regular flour all-purpose
- 0.5 cup granulated sugar
- 2 teaspoons ground cinnamon
- 0.8 cup pecans chopped
- 1 cup regular rolled oats
- 8 cups stayman winesap cored peeled thinly sliced ()

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Equipment

bowl

oven

baking pan

aluminum foil

Directions

In a 9-inch square baking dish or shallow 1 1/2- to 2-quart casserole, mix apples with granulated sugar, 2 tablespoons flour, and cinnamon.

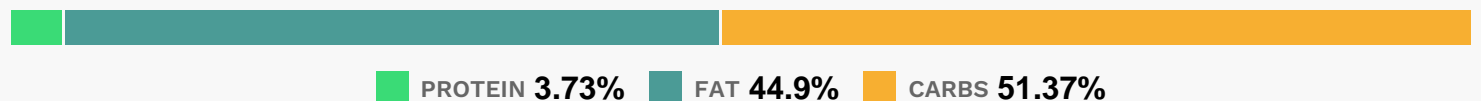
In a bowl, combine rolled oats, brown sugar, butter, and 3/4 cup flour. Rub with your fingers until butter pieces are no longer distinguishable. Stir in chopped pecans.

Sprinkle topping evenly over apples.

Bake dessert in the middle of a 350 oven until apples are tender when pierced and topping is browned, 45 minutes to 1 hour. If topping browns first, drape with foil.

Spoon the apple crisp, warm or cool, into bowls. Top portions with vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:22.23, Glycemic Load:15.63, Inflammation Score:-5, Nutrition Score:6.6356522725976%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 338.96kcal (16.95%), Fat: 17.41g (26.79%), Saturated Fat: 2.78g (17.39%), Carbohydrates: 44.83g (14.94%), Net Carbohydrates: 42.53g (15.47%), Sugar: 29.36g (32.62%), Cholesterol: 0mg (0%), Sodium: 124.85mg (5.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.5%), Manganese: 0.9mg (44.83%), Vitamin B1: 0.18mg (12.3%), Selenium: 6.78µg (9.69%), Fiber: 2.3g (9.2%), Vitamin A: 457.09IU (9.14%), Copper: 0.17mg (8.51%), Phosphorus: 77.26mg (7.73%), Iron: 1.27mg (7.05%), Magnesium: 28.01mg (7%), Folate: 24.28µg (6.07%), Zinc: 0.83mg (5.51%), Vitamin B2: 0.08mg (4.95%), Vitamin B3: 0.85mg (4.26%), Vitamin E: 0.57mg (3.81%), Calcium: 36.17mg (3.62%), Potassium: 112.81mg (3.22%), Vitamin B5: 0.26mg (2.61%), Vitamin B6: 0.04mg (2.1%)