



Maple-Pecan Apple Crisp



Vegetarian



Vegan



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



277 kcal

DESSERT

Ingredients

- ☐ 5 cups apples peeled cut into 1/2-inch chunks
- ☐ 1 Tablespoon brown sugar packed
- ☐ 1 Tablespoon cornstarch
- ☐ 0.8 cup flour (see flour note below)
- ☐ 0.3 Teaspoon ground cinnamon
- ☐ 1 Teaspoon juice of lemon
- ☐ 3 Tablespoons maple syrup pure
- ☐ 0.8 cup pecans

- ☐ 0.1 Teaspoon salt
- ☐ 2 Tablespoons but preferably not melted softened (can sub Palm Oil Shortening if desired)

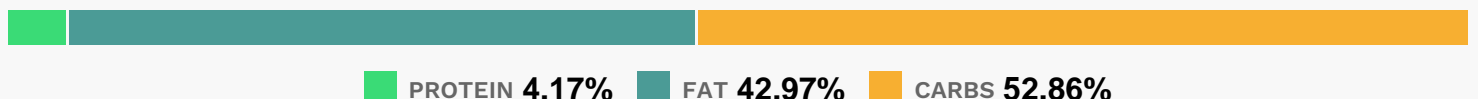
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat your oven to 350°F and lightly grease the sides of an 8×8 baking dish (I use glass). No need to grease the bottom here; you are just keeping the topping from sticking to the sides of the pan.
- ☐ Place the pecans in your spice / coffee grinder, and pulse them 4 or 5 times to coarsely grind with some chunks remaining. I do this in two batches.
- ☐ Place the semi-ground pecans, flour, brown sugar, cinnamon, and salt in a large bowl, and stir with a fork to combine.
- ☐ Add the coconut oil and maple syrup and stir with a fork to create a coarse meal, making sure to mash in any large chunks of coconut oil. If the mixture is too dry, feel free to add up to 1 tablespoon of additional coconut oil (for richer) or maple syrup (for sweeter). I liked it as is though. As for the fruit, place the apples in your prepared baking pan and drizzle with the lemon juice.
- ☐ Add the remaining ingredients, and stir to combine (no cornstarch should remain visible). Shake the pan down a bit to even out the fruit (this will pack it down a little too), and then evenly sprinkle the crumble topping over all.
- ☐ Bake for 30 minutes, or until the topping begins to brown.
- ☐ Let the crisp cool for 10 to 15 minutes.
- ☐ Serve topped with vegan vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:36.17, Glycemic Load:15.77, Inflammation Score:-3, Nutrition Score:8.1021737845048%

Flavonoids

Cyanidin: 2.96mg, Cyanidin: 2.96mg, Cyanidin: 2.96mg, Cyanidin: 2.96mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg Epigallocatechin: 0.97mg, Epigallocatechin: 0.97mg, Epigallocatechin: 0.97mg Epicatechin: 7.95mg, Epicatechin: 7.95mg, Epicatechin: 7.95mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

Nutrients (% of daily need)

Calories: 276.9kcal (13.84%), Fat: 13.87g (21.34%), Saturated Fat: 4.67g (29.18%), Carbohydrates: 38.38g (12.79%), Net Carbohydrates: 34.21g (12.44%), Sugar: 19.38g (21.53%), Cholesterol: 0mg (0%), Sodium: 51.14mg (2.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.06%), Manganese: 1.02mg (51.1%), Vitamin B2: 0.29mg (17.05%), Fiber: 4.17g (16.67%), Vitamin B1: 0.23mg (15.4%), Copper: 0.2mg (10.01%), Folate: 34.61µg (8.65%), Selenium: 5.81µg (8.3%), Iron: 1.19mg (6.64%), Magnesium: 26.56mg (6.64%), Vitamin C: 5.25mg (6.37%), Phosphorus: 62.91mg (6.29%), Potassium: 210.18mg (6.01%), Vitamin B3: 1.17mg (5.87%), Zinc: 0.81mg (5.39%), Vitamin B6: 0.08mg (3.8%), Calcium: 32.78mg (3.28%), Vitamin K: 2.83µg (2.69%), Vitamin E: 0.38mg (2.52%), Vitamin B5: 0.24mg (2.4%), Vitamin A: 63.48IU (1.27%)