



Maple-Walnut Apple Crisp

 Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



247 kcal

DESSERT

Ingredients

- 3 pounds apples peeled sliced
- 0.3 cup flour all-purpose
- 0.3 teaspoon ground cinnamon
- 0.5 teaspoon ground cinnamon
- 0.5 cup brown sugar light packed
- 0.3 cup maple syrup
- 0.3 cup oats
- 0.3 cup stick margarine chilled cut into small pieces

3 tablespoons walnut pieces chopped

Equipment

bowl

oven

knife

blender

baking pan

measuring cup

Directions

Preheat oven to 37

Lightly spoon flour into a dry measuring cup; level with a knife.

Combine flour, sugar, oats, and 1/4 teaspoon cinnamon in a medium bowl; cut in butter with a pastry blender or 2 knives until mixture is crumbly. Stir in walnuts.

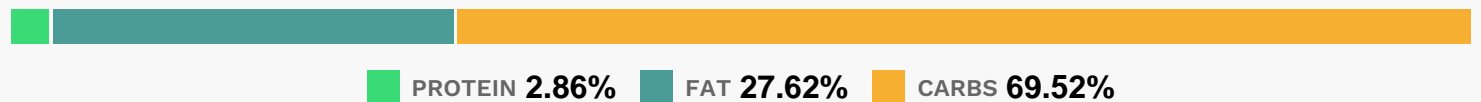
Combine apple and remaining ingredients in a large bowl; toss well. Spoon apple mixture into an 8-inch square baking dish or 1 1/2-quart casserole.

Sprinkle with crumb mixture.

Bake at 375 for 45 minutes or until golden brown.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:23.72, Glycemic Load:11.01, Inflammation Score:-4, Nutrition Score:5.8404347993757%

Flavonoids

Cyanidin: 2.46mg, Cyanidin: 2.46mg, Cyanidin: 2.46mg, Cyanidin: 2.46mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg

Epicatechin: 11.39mg, Epicatechin: 11.39mg, Epicatechin: 11.39mg, Epicatechin: 11.39mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg

Nutrients (% of daily need)

Calories: 246.91kcal (12.35%), Fat: 7.96g (12.25%), Saturated Fat: 1.39g (8.66%), Carbohydrates: 45.1g (15.03%), Net Carbohydrates: 40.73g (14.81%), Sugar: 33.07g (36.75%), Cholesterol: 0mg (0%), Sodium: 68.07mg (2.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.71%), Manganese: 0.55mg (27.5%), Fiber: 4.37g (17.48%), Vitamin B2: 0.19mg (11.05%), Vitamin C: 7.02mg (8.51%), Potassium: 232.16mg (6.63%), Vitamin A: 317.88IU (6.36%), Vitamin B1: 0.09mg (6.25%), Copper: 0.12mg (5.93%), Magnesium: 21.26mg (5.32%), Phosphorus: 47.58mg (4.76%), Vitamin B6: 0.09mg (4.54%), Folate: 17.43µg (4.36%), Iron: 0.73mg (4.06%), Selenium: 2.75µg (3.93%), Calcium: 38.13mg (3.81%), Vitamin E: 0.52mg (3.46%), Vitamin K: 3.54µg (3.37%), Vitamin B3: 0.51mg (2.53%), Zinc: 0.37mg (2.5%), Vitamin B5: 0.19mg (1.87%)