



Microwave Apple Crisp

 Vegetarian

READY IN



27 min.

SERVINGS



6

CALORIES



394 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon allspice
- ☐ 0.8 cup brown sugar packed
- ☐ 0.5 cup butter melted
- ☐ 0.5 cup flour all-purpose
- ☐ 4 large granny smith apples cored peeled sliced
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.8 cup cooking oats quick

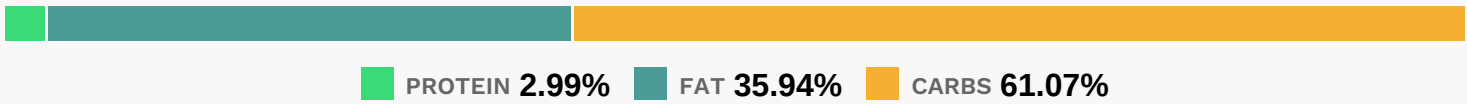
Equipment

- ☐ bowl
- ☐ knife
- ☐ microwave
- ☐ glass baking pan

Directions

- ☐ Spread the apples evenly in an 8 inch square glass baking dish. A deep dish glass pie plate will also work. In a medium bowl, mix together the melted butter, brown sugar, oats, flour, cinnamon and allspice.
- ☐ Sprinkle this topping evenly over the apples.
- ☐ Cook on full power in the microwave for 10 to 12 minutes, until apples can easily be pierced with a knife. Enjoy!

Nutrition Facts



Properties

Glycemic Index:40.33, Glycemic Load:15.07, Inflammation Score:-5, Nutrition Score:7.59999999901523%

Flavonoids

Cyanidin: 2.33mg, Cyanidin: 2.33mg, Cyanidin: 2.33mg, Cyanidin: 2.33mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.93mg, Catechin: 1.93mg, Catechin: 1.93mg, Catechin: 1.93mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 11.19mg, Epicatechin: 11.19mg, Epicatechin: 11.19mg, Epicatechin: 11.19mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg 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: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg

Nutrients (% of daily need)

Calories: 394.22kcal (19.71%), Fat: 16.41g (25.25%), Saturated Fat: 9.9g (61.87%), Carbohydrates: 62.75g (20.92%), Net Carbohydrates: 57.74g (21%), Sugar: 42.33g (47.03%), Cholesterol: 40.67mg (13.56%), Sodium: 131.49mg (5.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.14%), Manganese: 0.64mg (31.98%), Fiber: 5.01g (20.06%), Vitamin A: 554.89IU (11.1%), Vitamin B1: 0.16mg (10.86%), Selenium: 7.51µg (10.73%), Magnesium: 40.37mg (10.09%), Vitamin C: 6.92mg (8.38%), Phosphorus: 80.06mg (8.01%), Iron: 1.37mg (7.61%), Potassium:

250.79mg (7.17%), Folate: 27.69µg (6.92%), Vitamin B2: 0.11mg (6.41%), Copper: 0.11mg (5.38%), Vitamin E: 0.79mg (5.28%), Vitamin K: 5.05µg (4.81%), Calcium: 47.05mg (4.71%), Vitamin B6: 0.09mg (4.42%), Vitamin B3: 0.88mg (4.4%), Zinc: 0.49mg (3.27%), Vitamin B5: 0.27mg (2.67%)