



Microwave Apple Crisp

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



6

CALORIES



223 kcal

DESSERT

Ingredients

- 4 cups baking apples are apples that have a sweet-tart balance and hold their shape when peeled sliced
- 0.7 cup brown sugar packed
- 0.7 cup rolled oats
- 3 tablespoons butter softened
- 0.8 teaspoon ground cinnamon
- 0.8 teaspoon nutmeg
- 0.5 cup frangelico

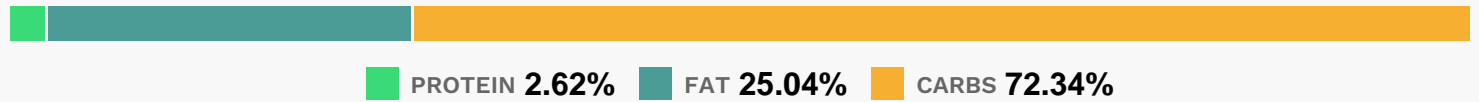
Equipment

- bowl
- microwave

Directions

- In ungreased 2-quart microwavable casserole or 8-inch square microwavable dish, arrange apple slices. In small bowl, stir remaining ingredients until crumbly.
- Sprinkle over apples.
- Microwave uncovered on High 7 to 10 minutes, rotating dish 1/2 turn after 5 minutes, until apples are tender.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:5.17, Inflammation Score:-3, Nutrition Score:4.0973912733405%

Flavonoids

Cyanidin: 1.31mg, Cyanidin: 1.31mg, Cyanidin: 1.31mg, Cyanidin: 1.31mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 6.28mg, Epicatechin: 6.28mg, Epicatechin: 6.28mg, Epicatechin: 6.28mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 222.63kcal (11.13%), Fat: 6.46g (9.94%), Saturated Fat: 1.36g (8.49%), Carbohydrates: 41.97g (13.99%), Net Carbohydrates: 38.87g (14.14%), Sugar: 32.54g (36.16%), Cholesterol: 0mg (0%), Sodium: 74.29mg (3.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.05%), Manganese: 0.42mg (21.14%), Fiber: 3.09g (12.38%), Vitamin A: 296.38IU (5.93%), Phosphorus: 49.38mg (4.94%), Magnesium: 19.62mg (4.9%), Vitamin C: 3.86mg

(4.68%), Potassium: 159.18mg (4.55%), Selenium: 2.91µg (4.16%), Vitamin B1: 0.06mg (3.82%), Iron: 0.68mg (3.8%), Copper: 0.07mg (3.63%), Calcium: 35.04mg (3.5%), Vitamin E: 0.41mg (2.74%), Vitamin B6: 0.05mg (2.73%), Zinc: 0.38mg (2.52%), Vitamin B2: 0.04mg (2.26%), Vitamin K: 2.09µg (1.99%), Vitamin B5: 0.19mg (1.91%), Folate: 5.9µg (1.48%), Vitamin B3: 0.21mg (1.06%)