



Nana's Apple Crisp

 Vegetarian

READY IN



65 min.

SERVINGS



8

CALORIES



318 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter cut into pieces
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons ground cinnamon divided
- ☐ 1 cup quick-cooking oats
- ☐ 6 tart apples cored peeled sliced
- ☐ 1 cup sugar white

Equipment

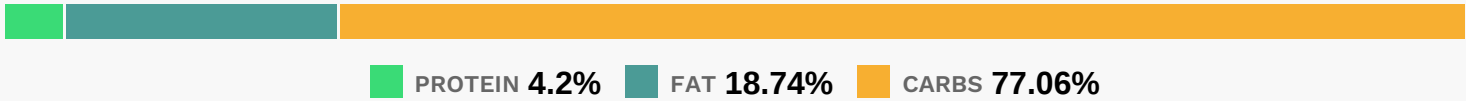
- ☐ bowl

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place apples in a 9x13 inch baking dish. In a bowl, mix melted butter, flour, sugar, oats, and 1 tablespoon cinnamon to form a crumbly mixture.
- ☐ Sprinkle over apples. Dot with remaining 1/4 cup butter, and sprinkle with remaining 1 tablespoon cinnamon.
- ☐ Bake 50 minutes in the preheated oven, until lightly browned and apples are tender.

Nutrition Facts



Properties

Glycemic Index:37.14, Glycemic Load:34.96, Inflammation Score:-5, Nutrition Score:8.3026087471972%

Flavonoids

Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 317.51kcal (15.88%), Fat: 6.94g (10.68%), Saturated Fat: 3.83g (23.93%), Carbohydrates: 64.19g (21.4%), Net Carbohydrates: 58.47g (21.26%), Sugar: 39.38g (43.76%), Cholesterol: 15.25mg (5.08%), Sodium: 48.04mg (2.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.5g (7%), Manganese: 0.94mg (47.02%), Fiber: 5.71g (22.85%), Vitamin B1: 0.2mg (13.43%), Selenium: 9.03µg (12.89%), Magnesium: 38.97mg (9.74%), Folate: 36.26µg (9.07%), Iron: 1.54mg (8.55%), Phosphorus: 81.29mg (8.13%), Vitamin B2: 0.13mg (7.81%), Vitamin C: 6.36mg (7.7%), Potassium: 209.88mg (6%), Vitamin B3: 1.16mg (5.8%), Copper: 0.11mg (5.27%), Vitamin A: 256.88IU (5.14%), Vitamin K: 4.49µg (4.28%), Vitamin B6: 0.08mg (3.82%), Calcium: 37.29mg (3.73%), Vitamin E: 0.54mg (3.58%),

Zinc: 0.53mg (3.56%), Vitamin B5: 0.24mg (2.39%)