



Oatmeal-Apple Crisp

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



338 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter chilled cut into small pieces
- ☐ 0.8 cup brown sugar dark divided packed
- ☐ 3 cups vanilla yogurt fat-free frozen
- ☐ 2.5 pounds apples i use 2 granny smith apples peeled chopped
- ☐ 0.8 teaspoon ground cinnamon divided
- ☐ 0.8 cup quick-cooking oats
- ☐ 0.5 cup raisins
- ☐ 0.5 cup flour whole-wheat

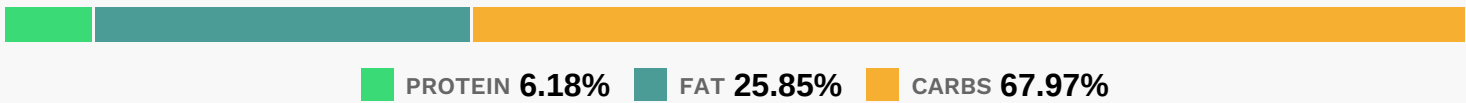
Equipment

- ☐ 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, oats, 1/2 cup sugar, and 1/2 teaspoon cinnamon in a medium bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Combine 1/4 cup sugar, 1/4 teaspoon cinnamon, apples, and raisins in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Sprinkle with oat mixture.
- ☐ Bake at 375 for 30 minutes or until apples are tender. Top each serving with about 1/3 cup frozen yogurt.

Nutrition Facts



Properties

Glycemic Index:21.08, Glycemic Load:9.52, Inflammation Score:-4, Nutrition Score:8.6356522777806%

Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg

Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

Nutrients (% of daily need)

Calories: 337.66kcal (16.88%), Fat: 10.15g (15.62%), Saturated Fat: 6.06g (37.87%), Carbohydrates: 60.08g (20.03%), Net Carbohydrates: 55.57g (20.21%), Sugar: 41.88g (46.54%), Cholesterol: 25.87mg (8.62%), Sodium: 123.71mg (5.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.92%), Manganese: 0.63mg (31.35%), Fiber: 4.51g (18.03%), Phosphorus: 158.13mg (15.81%), Selenium: 10.55µg (15.06%), Calcium: 143.37mg (14.34%), Vitamin B2: 0.2mg (11.54%), Magnesium: 45.31mg (11.33%), Potassium: 392.6mg (11.22%), Vitamin B1: 0.12mg (8.02%), Vitamin C: 6.13mg (7.43%), Vitamin A: 354.67IU (7.09%), Zinc: 0.97mg (6.47%), Vitamin B6: 0.13mg (6.37%), Vitamin B12: 0.36µg (6.08%), Copper: 0.12mg (5.8%), Iron: 1.01mg (5.59%), Vitamin K: 4.45µg (4.24%), Vitamin E: 0.6mg (4%), Folate: 15.33µg (3.83%), Vitamin B3: 0.63mg (3.15%), Vitamin B5: 0.19mg (1.87%)