



Old-Fashioned Apple Crisp with Pecans

READY IN



65 min.

SERVINGS



8

CALORIES



429 kcal

DESSERT

Ingredients

- ☐ 10 cups cooking apples peeled sliced
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup butter melted
- ☐ 0.3 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup pecans chopped
- ☐ 0.8 cup rolled oats
- ☐ 8 servings whipped cream

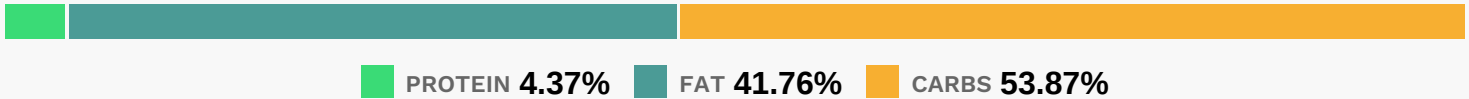
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Combine apples and the 1/3 cup brown sugar in a 3-quart rectangular baking dish; set aside until ready to use.
- ☐ For topping, combine rolled oats, the 1/2 cup brown sugar, flour, and cinnamon.
- ☐ Add melted butter; mix well. Stir in nuts.
- ☐ Sprinkle topping over apple mixture.
- ☐ [Cleaning tip: Wipe off any butter or spills on the countertop with Clorox® Disinfecting Wipes*. Rinse hands once complete.]
- ☐ Bake for 35 to 40 minutes or until apples are tender and topping is crisp.
- ☐ Serve warm with ice cream.

Nutrition Facts



Properties

Glycemic Index:34.13, Glycemic Load:18.86, Inflammation Score:-5, Nutrition Score:9.5417392824007%

Flavonoids

Cyanidin: 3.18mg, Cyanidin: 3.18mg, Cyanidin: 3.18mg, Cyanidin: 3.18mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.52mg, Catechin: 2.52mg, Catechin: 2.52mg, Catechin: 2.52mg Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 11.82mg, Epicatechin: 11.82mg, Epicatechin: 11.82mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg

6.27mg

Nutrients (% of daily need)

Calories: 428.66kcal (21.43%), Fat: 20.64g (31.75%), Saturated Fat: 9.9g (61.87%), Carbohydrates: 59.91g (19.97%), Net Carbohydrates: 54.04g (19.65%), Sugar: 43.95g (48.83%), Cholesterol: 49.38mg (16.46%), Sodium: 119.59mg (5.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.71%), Manganese: 0.72mg (36.08%), Fiber: 5.87g (23.49%), Phosphorus: 143.72mg (14.37%), Vitamin B2: 0.24mg (14.25%), Vitamin A: 603.15IU (12.06%), Calcium: 119.35mg (11.93%), Vitamin B1: 0.16mg (10.98%), Potassium: 379.79mg (10.85%), Magnesium: 38.22mg (9.56%), Vitamin C: 7.67mg (9.29%), Copper: 0.18mg (9.09%), Zinc: 1.15mg (7.65%), Selenium: 5.24µg (7.48%), Vitamin B5: 0.67mg (6.69%), Vitamin B6: 0.13mg (6.28%), Iron: 1.04mg (5.8%), Vitamin E: 0.83mg (5.56%), Folate: 19.5µg (4.88%), Vitamin B12: 0.27µg (4.56%), Vitamin K: 4.78µg (4.55%), Vitamin B3: 0.64mg (3.18%)