



Passover Apple Crisp

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



269 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 1.5 pounds granny smith apples
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 teaspoons juice of lemon
- ☐ 2 tablespoons butter melted
- ☐ 0.5 cup matzo meal unsalted
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup sugar

☐ 0.5 cup sugar

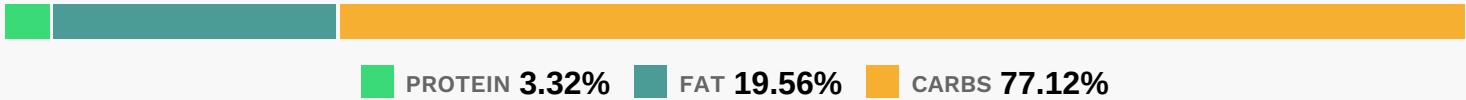
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Peel, core, and cut the apples into 1/4-inch slices.
- ☐ Combine apple slices, sugar, cinnamon, and lemon juice, and toss gently. Spoon into an 11 x 7-inch baking dish coated with cooking spray; set aside.
- ☐ Combine the matzo meal, sugar, almonds, margarine, and salt, and stir well.
- ☐ Sprinkle over apple mixture.
- ☐ Bake at 350 for 1 hour or until browned.

Nutrition Facts



Properties

Glycemic Index:31.2, Glycemic Load:23.57, Inflammation Score:-3, Nutrition Score:4.5930435016103%

Flavonoids

Cyanidin: 1.87mg, Cyanidin: 1.87mg, Cyanidin: 1.87mg, Cyanidin: 1.87mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 8.56mg, Epicatechin: 8.56mg, Epicatechin: 8.56mg, Epicatechin: 8.56mg 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 Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg

Nutrients (% of daily need)

Calories: 268.93kcal (13.45%), Fat: 6.12g (9.42%), Saturated Fat: 0.98g (6.16%), Carbohydrates: 54.33g (18.11%), Net Carbohydrates: 50.6g (18.4%), Sugar: 39.77g (44.18%), Cholesterol: 0mg (0%), Sodium: 93.95mg (4.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.67%), Fiber: 3.73g (14.93%), Manganese: 0.26mg (13.14%), Vitamin E: 1.35mg (8.98%), Vitamin C: 5.88mg (7.13%), Vitamin B2: 0.11mg (6.74%), Selenium: 4.64µg (6.63%), Vitamin B1: 0.07mg (4.88%), Magnesium: 19.38mg (4.84%), Potassium: 168.18mg (4.81%), Vitamin A: 229.28IU (4.59%), Phosphorus: 42.72mg (4.27%), Copper: 0.08mg (4.02%), Iron: 0.69mg (3.84%), Vitamin B3: 0.7mg (3.51%), Vitamin B6: 0.07mg (3.34%), Vitamin K: 2.63µg (2.51%), Calcium: 23.78mg (2.38%), Folate: 7.47µg (1.87%), Zinc: 0.25mg (1.69%), Vitamin B5: 0.15mg (1.46%)