



WHATSheATE



Praline Apple Crisp

READY IN



45 min.

SERVINGS



6

CALORIES



187 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon water
- ☐ 1 teaspoon almond extract
- ☐ 6 cups baking apples are apples that have a sweet-tart balance and hold their shape when unpeeled sliced (6 medium)
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons brown sugar packed
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 tablespoons butter firm
- ☐ 0.5 cup round buttery crackers crushed

- ☐ 2 tablespoons pecans chopped
- ☐ 0.5 cup yogurt plain fat-free
- ☐ 1 teaspoon granulated sugar
- ☐ 0.1 teaspoon almond extract

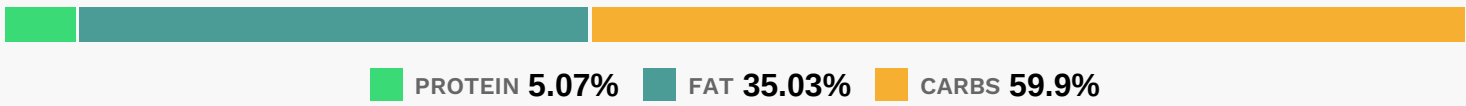
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender

Directions

- ☐ Heat oven to 375°F. Spray 1 1/2-quart casserole with cooking spray. In small bowl, mix water and 1 teaspoon almond extract. In casserole, toss with apples.
- ☐ In small bowl, mix flour, brown sugar and cinnamon.
- ☐ Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until crumbly. Stir in crackers and pecans.
- ☐ Sprinkle over apples.
- ☐ Bake uncovered about 30 minutes or until topping is golden brown and apples are tender.
- ☐ In small bowl, mix topping ingredients until well blended.
- ☐ Serve warm apple crisp with topping.

Nutrition Facts



Properties

Glycemic Index:32.02, Glycemic Load:6.42, Inflammation Score:-3, Nutrition Score:5.0234782799431%

Flavonoids

Cyanidin: 2.32mg, Cyanidin: 2.32mg, Cyanidin: 2.32mg, Cyanidin: 2.32mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.87mg, Catechin: 1.87mg, Catechin: 1.87mg, Catechin: 1.87mg Epigallocatechin: 0.51mg,

Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 9.44mg, Epicatechin: 9.44mg, Epicatechin: 9.44mg, Epicatechin: 9.44mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg

Nutrients (% of daily need)

Calories: 187.06kcal (9.35%), Fat: 7.6g (11.69%), Saturated Fat: 1.32g (8.26%), Carbohydrates: 29.22g (9.74%), Net Carbohydrates: 25.63g (9.32%), Sugar: 19.76g (21.95%), Cholesterol: 0.41mg (0.14%), Sodium: 106.46mg (4.63%), Alcohol: 0.26g (100%), Alcohol %: 0.19% (100%), Protein: 2.47g (4.95%), Fiber: 3.59g (14.36%), Manganese: 0.27mg (13.61%), Phosphorus: 72.77mg (7.28%), Vitamin C: 5.99mg (7.26%), Vitamin B2: 0.11mg (6.64%), Calcium: 65.09mg (6.51%), Vitamin B1: 0.1mg (6.36%), Potassium: 217.23mg (6.21%), Vitamin K: 5.47µg (5.21%), Vitamin A: 238.21IU (4.76%), Copper: 0.09mg (4.5%), Magnesium: 16.38mg (4.09%), Vitamin E: 0.6mg (3.97%), Folate: 15.2µg (3.8%), Vitamin B6: 0.08mg (3.78%), Iron: 0.64mg (3.53%), Zinc: 0.45mg (3.02%), Vitamin B3: 0.58mg (2.9%), Selenium: 2µg (2.85%), Vitamin B5: 0.28mg (2.75%), Vitamin B12: 0.13µg (2.15%)