



## Praline Apple Crisp

READY IN



45 min.

SERVINGS



10

CALORIES



307 kcal

DESSERT

### Ingredients

- ☐ 6 braeburn apple cored peeled sliced
- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup butter diced chilled
- ☐ 1 teaspoon cinnamon
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup pecans chopped
- ☐ 0.5 cup oats uncooked
- ☐ 0.5 cup toffee chips
- ☐ 10 servings non-dairy whipped topping

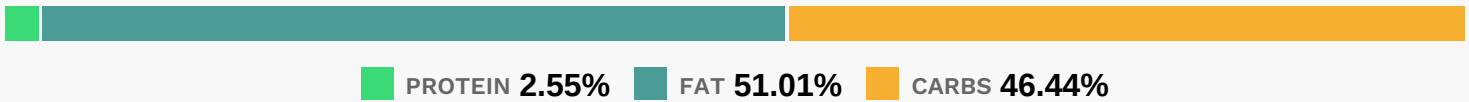
# Equipment

- ☐ slow cooker
- ☐ pastry cutter

# Directions

- ☐ Toss together apples and cinnamon.
- ☐ Place in a slow cooker that has been sprayed with non-stick vegetable spray; set aside.
- ☐ Combine oats, brown sugar, flour and butter; mix with a pastry cutter or fork until crumbly. Stir in pecans and toffee bits; sprinkle over apples.
- ☐ Cover and cook on low setting for 4 to 6 hours. Top with whipped topping, if desired.

# Nutrition Facts



# Properties

Glycemic Index:28.8, Glycemic Load:11.19, Inflammation Score:-4, Nutrition Score:5.449565190336%

# Flavonoids

Cyanidin: 2.3mg, Cyanidin: 2.3mg, Cyanidin: 2.3mg, Cyanidin: 2.3mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.81mg, Catechin: 1.81mg, Catechin: 1.81mg, Catechin: 1.81mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 8.27mg, Epicatechin: 8.27mg, Epicatechin: 8.27mg, Epicatechin: 8.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

# Nutrients (% of daily need)

Calories: 306.92kcal (15.35%), Fat: 18.09g (27.83%), Saturated Fat: 9.19g (57.46%), Carbohydrates: 37.06g (12.35%), Net Carbohydrates: 33.34g (12.12%), Sugar: 27.33g (30.37%), Cholesterol: 36.8mg (12.27%), Sodium: 95.54mg (4.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.07%), Manganese: 0.52mg (25.95%), Fiber: 3.72g (14.86%), Vitamin A: 485.85IU (9.72%), Vitamin B1: 0.1mg (6.89%), Magnesium: 25.48mg (6.37%), Vitamin C: 5.11mg (6.2%), Copper: 0.12mg (5.97%), Phosphorus: 59.31mg (5.93%), Potassium: 180.96mg (5.17%),

Vitamin E: 0.7mg (4.7%), Selenium: 3.06µg (4.36%), Vitamin B2: 0.07mg (4.22%), Vitamin K: 4.06µg (3.87%), Iron: 0.68mg (3.78%), Vitamin B6: 0.07mg (3.36%), Zinc: 0.48mg (3.18%), Calcium: 30.77mg (3.08%), Folate: 12.29µg (3.07%), Vitamin B3: 0.4mg (2.02%), Vitamin B5: 0.19mg (1.95%)