



## Quince-Apple Crisp

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



344 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 lb butter
- 1 cup flour all-purpose
- 3 quinces ()
- 3 delicious apples ()
- 1 cup sugar
- 1 tablespoon vanilla

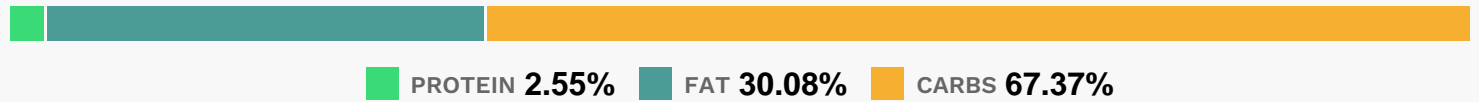
### Equipment

- bowl
- oven
- baking pan

## Directions

- In a bowl, mix sugar, flour, and baking powder.
- Cut butter into chunks and add to bowl, along with vanilla. Rub mixture with fingers until it forms coarse crumbs. Then squeeze mixture to make small lumps.
- Peel and core quinces and Golden Delicious apples.
- Cut fruit into 1/3-inch-thick slices and mix in a shallow 2-quart baking dish.
- Pour sugar-flour lumps evenly over fruit.
- Bake in a 350 oven until fruit is very tender when pierced, 55 to 60 minutes.
- Serve with ice cream.

## Nutrition Facts



## Properties

Glycemic Index:38.01, Glycemic Load:32.67, Inflammation Score:-5, Nutrition Score:6.1882609070643%

## Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 5.71mg, Epicatechin: 5.71mg, Epicatechin: 5.71mg, Epicatechin: 5.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

## Nutrients (% of daily need)

Calories: 343.78kcal (17.19%), Fat: 11.85g (18.22%), Saturated Fat: 2.42g (15.12%), Carbohydrates: 59.68g (19.89%), Net Carbohydrates: 56.01g (20.37%), Sugar: 32.3g (35.88%), Cholesterol: 0mg (0%), Sodium: 191.45mg (8.32%),

Alcohol: 0.56g (100%), Alcohol %: 0.34% (100%), Protein: 2.26g (4.52%), Vitamin C: 15.88mg (19.25%), Fiber: 3.67g (14.68%), Vitamin A: 577.79IU (11.56%), Vitamin B1: 0.15mg (10.19%), Selenium: 5.96µg (8.51%), Folate: 33.33µg (8.33%), Iron: 1.47mg (8.17%), Vitamin B2: 0.13mg (7.76%), Copper: 0.15mg (7.7%), Potassium: 265.66mg (7.59%), Manganese: 0.14mg (6.76%), Vitamin B3: 1.16mg (5.82%), Phosphorus: 53.1mg (5.31%), Calcium: 49.82mg (4.98%), Vitamin E: 0.57mg (3.81%), Magnesium: 14.39mg (3.6%), Vitamin B6: 0.07mg (3.52%), Vitamin B5: 0.19mg (1.91%), Vitamin K: 1.55µg (1.47%), Zinc: 0.17mg (1.17%)