



Roasted Maple Apple Crunch

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



163 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons apple cider unsweetened
- ☐ 2 lb apples
- ☐ 0.3 cup cranberries dried
- ☐ 0.3 cup cereal low-fat
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons maple syrup pure
- ☐ 1 tablespoon butter unsalted
- ☐ 1 cup water hot

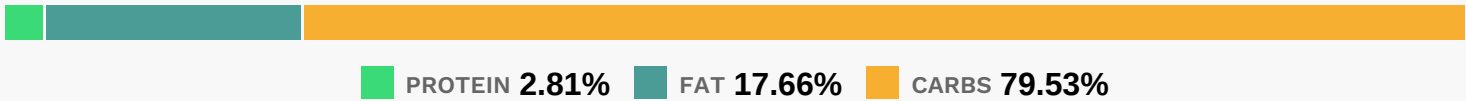
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ microwave
- ☐ pie form

Directions

- ☐ Preheat oven to 400F. In a small bowl, combine cranberries and hot water and let stand.
- ☐ Peel, quarter and core the apples; place in a 9-inch square baking dish or glass pie pan, drizzle with lemon juice and toss well.
- ☐ Combine apple cider, maple syrup and butter in a small bowl and microwave for 2 minutes to melt butter.
- ☐ Spoon maple mixture over apples, cover pan with foil and bake for 20 minutes. Uncover pan and bake until apples are tender and slightly browned on the edges, about 25 minutes longer.
- ☐ Drain cranberries and sprinkle evenly on top of apples.
- ☐ Sprinkle granola on top.
- ☐ Serve apples warm.

Nutrition Facts



Properties

Glycemic Index:18.21, Glycemic Load:7.38, Inflammation Score:-3, Nutrition Score:4.5739130669314%

Flavonoids

Cyanidin: 2.41mg, Cyanidin: 2.41mg, Cyanidin: 2.41mg, Cyanidin: 2.41mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg

Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 11.62mg, Epicatechin: 11.62mg, Epicatechin: 11.62mg, Epicatechin: 11.62mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6.33mg, Quercetin: 6.33mg, Quercetin: 6.33mg, Quercetin: 6.33mg

Nutrients (% of daily need)

Calories: 163.41kcal (8.17%), Fat: 3.44g (5.29%), Saturated Fat: 1.4g (8.74%), Carbohydrates: 34.83g (11.61%), Net Carbohydrates: 30.57g (11.12%), Sugar: 25.32g (28.13%), Cholesterol: 5.02mg (1.67%), Sodium: 7.05mg (0.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.47%), Manganese: 0.41mg (20.27%), Fiber: 4.27g (17.07%), Vitamin C: 7.98mg (9.68%), Vitamin B2: 0.14mg (8.21%), Potassium: 213.74mg (6.11%), Vitamin E: 0.7mg (4.65%), Magnesium: 16.17mg (4.04%), Vitamin K: 4.17µg (3.97%), Phosphorus: 38.07mg (3.81%), Vitamin B6: 0.07mg (3.71%), Copper: 0.07mg (3.57%), Vitamin B1: 0.05mg (3.57%), Iron: 0.51mg (2.84%), Vitamin A: 140.16IU (2.8%), Calcium: 24.91mg (2.49%), Folate: 7.41µg (1.85%), Selenium: 1.23µg (1.76%), Zinc: 0.26mg (1.71%), Vitamin B5: 0.15mg (1.5%), Vitamin B3: 0.24mg (1.21%)