



Skillet Granola-Apple Crisp

 Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



289 kcal

DESSERT

Ingredients

- ☐ 5 apples such as fuji or gala (2 1/2 pounds), peeled, cored and cut into 1/2-inch pieces crisp
- ☐ 2 tablespoons flour all-purpose
- ☐ 1.5 cups oat granola store-bought (recommended: Bear Naked Maple Pecan)
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon pumpkin pie spice
- ☐ 1 tablespoon sugar
- ☐ 3 tablespoons butter unsalted

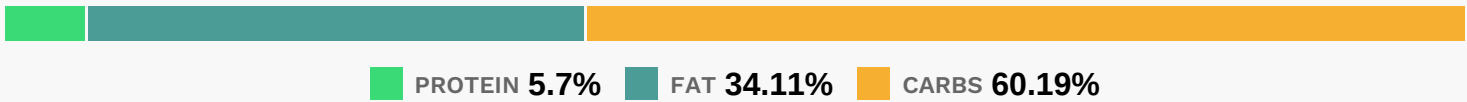
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Melt the butter in a medium nonreactive and oven safe skillet over medium heat.
- ☐ Add the granola, 1 tablespoon of the flour and 1 tablespoon sugar and toss until the sugar is dissolved and the granola is well-coated.
- ☐ Transfer to a bowl; set aside. (Reserve the skillet.)
- ☐ Pour the apples into the skillet; toss with the pumpkin pie spice, lemon juice and remaining 1/4 cup sugar. Cook, stirring occasionally, until the apples are juicy and slightly softened, 5 to 7 minutes. Stir in the remaining 1 tablespoon flour. Scatter the reserved granola mixture evenly over the top and transfer the skillet to the oven.
- ☐ Bake until the crisp is bubbling and the apples are tender, about 35 to 40 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:29.52, Glycemic Load:8.31, Inflammation Score:-4, Nutrition Score:8.3752173133518%

Flavonoids

Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 11.42mg, Epicatechin: 11.42mg, Epicatechin: 11.42mg, Epicatechin: 11.42mg 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 Quercetin:

6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg

Nutrients (% of daily need)

Calories: 289.41kcal (14.47%), Fat: 11.49g (17.68%), Saturated Fat: 4.33g (27.07%), Carbohydrates: 45.62g (15.21%), Net Carbohydrates: 40.29g (14.65%), Sugar: 24.08g (26.76%), Cholesterol: 15.05mg (5.02%), Sodium: 12.53mg (0.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.64%), Manganese: 0.91mg (45.73%), Fiber: 5.33g (21.3%), Phosphorus: 111.13mg (11.11%), Vitamin E: 1.62mg (10.79%), Vitamin C: 8.01mg (9.71%), Vitamin B1: 0.14mg (9.41%), Iron: 1.66mg (9.23%), Magnesium: 36.4mg (9.1%), Selenium: 6.22µg (8.89%), Potassium: 288.7mg (8.25%), Copper: 0.14mg (6.77%), Vitamin B2: 0.11mg (6.47%), Vitamin A: 257.42IU (5.15%), Vitamin B6: 0.1mg (5.1%), Folate: 20.25µg (5.06%), Vitamin K: 5.22µg (4.97%), Zinc: 0.7mg (4.67%), Calcium: 38.69mg (3.87%), Vitamin B3: 0.58mg (2.92%), Vitamin B5: 0.29mg (2.88%)