



## Slow-Cooker Apple Crisp with Warm Vanilla Sauce

READY IN



210 min.

SERVINGS



12

CALORIES



241 kcal

DESSERT

### Ingredients

- 0.3 cup butter melted
- 1 Tbsp flour
- 12 gingersnaps crushed
- 2.5 lb granny smith apples peeled sliced
- 1 tsp ground cinnamon
- 0.3 tsp ground nutmeg
- 3.4 oz jell-o vanilla flavor pudding instant
- 3 cups milk

- 0.5 cup planters pecans chopped
- 0.8 cup quick-cooking oats
- 3 Tbsp sugar

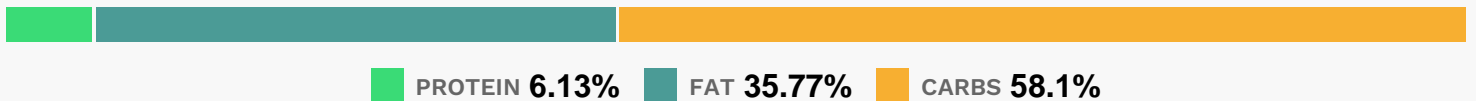
## Equipment

- bowl
- whisk
- microwave
- slow cooker

## Directions

- Combine sugar, flour and cinnamon in large bowl.
- Add apples; mix lightly.
- Place in slow cooker sprayed with cooking spray.
- Mix gingersnap crumbs, oats, nuts and butter until blended; sprinkle over apple mixture. Cover with lid. Cook on LOW 3 to 5 hours (or on HIGH 2 to 2-1/2 hours).
- Beat pudding mix, nutmeg and milk in microwaveable bowl with whisk 2 min. Microwave on HIGH 2 min., stirring after each minute. Spoon over individual servings of dessert.

## Nutrition Facts



## Properties

Glycemic Index:30.42, Glycemic Load:8.94, Inflammation Score:-4, Nutrition Score:7.0056521788887%

## Flavonoids

Cyanidin: 1.93mg, Cyanidin: 1.93mg, Cyanidin: 1.93mg, Cyanidin: 1.93mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.53mg, Catechin: 1.53mg, Catechin: 1.53mg, Catechin: 1.53mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 7.15mg, Epicatechin: 7.15mg, Epicatechin: 7.15mg, Epicatechin: 7.15mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin

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## **Nutrients (% of daily need)**

Calories: 241.21kcal (12.06%), Fat: 9.99g (15.37%), Saturated Fat: 2.45g (15.34%), Carbohydrates: 36.52g (12.17%), Net Carbohydrates: 33.03g (12.01%), Sugar: 23.78g (26.42%), Cholesterol: 7.32mg (2.44%), Sodium: 158.8mg (6.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.71%), Manganese: 0.59mg (29.6%), Fiber: 3.48g (13.94%), Phosphorus: 114.61mg (11.46%), Calcium: 95.56mg (9.56%), Magnesium: 34.64mg (8.66%), Vitamin B2: 0.15mg (8.66%), Vitamin B1: 0.12mg (8.29%), Potassium: 257.3mg (7.35%), Vitamin A: 322.15IU (6.44%), Copper: 0.12mg (5.99%), Vitamin B12: 0.33µg (5.57%), Vitamin C: 4.41mg (5.35%), Iron: 0.96mg (5.32%), Selenium: 3.71µg (5.29%), Vitamin B6: 0.1mg (4.88%), Zinc: 0.69mg (4.58%), Vitamin D: 0.67µg (4.47%), Vitamin B5: 0.39mg (3.91%), Vitamin E: 0.51mg (3.42%), Folate: 12.69µg (3.17%), Vitamin K: 2.81µg (2.68%), Vitamin B3: 0.51mg (2.54%)