



Tartine's Apple Crisp

 Vegetarian

READY IN



90 min.

SERVINGS



10

CALORIES



391 kcal

DESSERT

Ingredients

- ☐ 3 pound apples assorted
- ☐ 1.3 cup flour all-purpose
- ☐ 1 tablespoon ground cinnamon
- ☐ 0.3 teaspoon kosher salt divided
- ☐ 3 tablespoon juice of lemon
- ☐ 1 lemon zest
- ☐ 1 teaspoon trubinado sugar
- ☐ 1.3 cup sugar divided

- ☐ 1 cup butter unsalted cold for the baking dish plus a bit more

Equipment

- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ wooden spoon
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 350F. Butter the bottom and sides of a 9x13-inch baking dish. Peel (some or all, as you prefer), core and slice the apples and place them in a large mixing bowl. In a small bowl, stir together ¼ cup sugar, lemon juice and zest, and 1/8 teaspoon salt.
- ☐ Add to the apples and mix well with your hands.
- ☐ Transfer the apples to the baking dish. Make the topping.
- ☐ Place the butter and remaining 1 cup sugar in a mixing bowl. Using a mixer fitted with the whisk attachment on medium speed, or using a wooden spoon, beat together until smooth.
- ☐ Add the flour, cinnamon and remaining 1/8 teaspoon salt and mix just until it comes together into a smooth dough. Scoop up palm sized balls of the dough and flatten with your hands as if you are making a ¼-inch thick tortilla, and lay on top of the apples. Cover the entire surface with the dough. If there are gaps, that is okay, as they will allow steam to escape during baking.
- ☐ Sprinkle top with turbinado sugar, if using.
- ☐ Bake until the crisp is browned and the apples are tender, about 1 hour. If the top gets too dark, cover it with aluminum foil.
- ☐ Let cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:25.22, Glycemic Load:31.33, Inflammation Score:-5, Nutrition Score:5.9726086854935%

Flavonoids

Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 10.25mg, Epicatechin: 10.25mg, Epicatechin: 10.25mg, Epicatechin: 10.25mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 391.43kcal (19.57%), Fat: 18.9g (29.08%), Saturated Fat: 11.73g (73.3%), Carbohydrates: 57.07g (19.02%), Net Carbohydrates: 52.88g (19.23%), Sugar: 39.71g (44.13%), Cholesterol: 48.81mg (16.27%), Sodium: 62.72mg (2.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.43%), Fiber: 4.19g (16.76%), Manganese: 0.3mg (14.83%), Vitamin A: 643.68IU (12.87%), Vitamin C: 8.81mg (10.67%), Vitamin B1: 0.15mg (9.9%), Folate: 34.38µg (8.6%), Selenium: 5.71µg (8.16%), Vitamin B2: 0.13mg (7.45%), Iron: 0.98mg (5.45%), Vitamin E: 0.81mg (5.39%), Vitamin B3: 1.07mg (5.37%), Potassium: 177.33mg (5.07%), Vitamin K: 4.88µg (4.65%), Phosphorus: 38.24mg (3.82%), Copper: 0.07mg (3.43%), Vitamin B6: 0.07mg (3.39%), Magnesium: 11.54mg (2.88%), Calcium: 25.34mg (2.53%), Vitamin D: 0.34µg (2.27%), Vitamin B5: 0.19mg (1.87%), Zinc: 0.21mg (1.37%)