



Tiffany's Tip for Easy Apple Crisp

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



492 kcal

SIDE DISH

Ingredients

- ☐ 1 cup lightly brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 1 cup flour
- ☐ 8 medium granny smith apples cored peeled sliced
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup cooking oats quick
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar

☐ 0.5 cup walnuts chopped

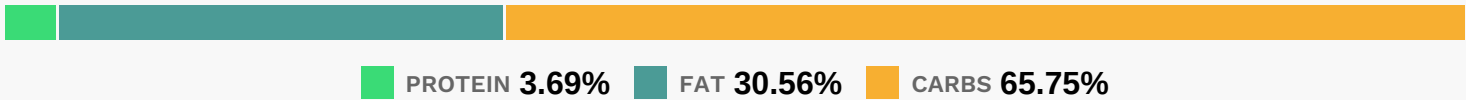
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F. Line 13x9x2-inch baking dish with Reynolds Wrap Non-Stick Foil with the non-stick (dull) side facing up towards the food and the shiny side facing the dish; set aside.
- ☐ Arrange apples evenly in dish.
- ☐ Sprinkle with cinnamon and sugar; set aside.
- ☐ Mix flour, oats, brown sugar, walnuts and salt in a medium bowl.
- ☐ Cut in shortening until well blended.
- ☐ Sprinkle flour mixture over apples.
- ☐ Bake 40 to 45 minutes, until apples are soft and topping is lightly browned.
- ☐ Serve warm with ice cream.

Nutrition Facts



Properties

Glycemic Index:39.64, Glycemic Load:27.97, Inflammation Score:-6, Nutrition Score:10.239565285652%

Flavonoids

Cyanidin: 3.06mg, Cyanidin: 3.06mg, Cyanidin: 3.06mg, Cyanidin: 3.06mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-

gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 491.91kcal (24.6%), Fat: 17.48g (26.89%), Saturated Fat: 7.93g (49.56%), Carbohydrates: 84.59g (28.2%), Net Carbohydrates: 78.22g (28.44%), Sugar: 58.47g (64.97%), Cholesterol: 30.5mg (10.17%), Sodium: 174.33mg (7.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.75g (9.5%), Manganese: 0.92mg (45.88%), Fiber: 6.37g (25.46%), Vitamin B1: 0.23mg (15.6%), Selenium: 9.66µg (13.79%), Magnesium: 54.37mg (13.59%), Copper: 0.24mg (12.01%), Phosphorus: 113.28mg (11.33%), Folate: 45.18µg (11.29%), Iron: 1.85mg (10.29%), Vitamin C: 8.48mg (10.27%), Potassium: 321.31mg (9.18%), Vitamin B2: 0.15mg (9.11%), Vitamin A: 455.03IU (9.1%), Vitamin B6: 0.14mg (7.15%), Vitamin B3: 1.29mg (6.46%), Calcium: 54.1mg (5.41%), Vitamin K: 5.64µg (5.38%), Vitamin E: 0.79mg (5.29%), Zinc: 0.76mg (5.06%), Vitamin B5: 0.35mg (3.46%)