



Traditional Cranberry Apple Crisp

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



14

CALORIES



321 kcal

DESSERT

Ingredients

- 1 cup brown sugar
- 0.3 cup butter softened
- 5 cups cranberries fresh
- 4 gala apples cored peeled chopped
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 0.8 cup orange juice
- 0.8 cup pecans chopped

- 1 cup rolled oats
- 2 cups sugar white

Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x12-inch baking dish.
- Heat the orange juice, sugar, and about half the cranberries in a saucepan over medium heat until the mixture comes to a boil; simmer until the cranberries pop, 8 to 10 minutes, stirring occasionally.
- Mix in the apples and the rest of the cranberries.
- Remove from heat, allow to cool for several minutes, then pour into the prepared baking dish.
- In a bowl, mix together the pecans, brown sugar, cinnamon, nutmeg, and oats. Stir in the butter until thoroughly incorporated, then sprinkle the oat topping over the fruit mixture.
- Bake in the preheated oven until the filling is bubbling and the oat topping has begun to brown, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:26.72, Glycemic Load:25.29, Inflammation Score:-4, Nutrition Score:5.9052173430505%

Flavonoids

Cyanidin: 18.03mg, Cyanidin: 18.03mg, Cyanidin: 18.03mg, Cyanidin: 18.03mg Delphinidin: 3.16mg, Delphinidin: 3.16mg, Delphinidin: 3.16mg, Delphinidin: 3.16mg Malvidin: 0.16mg, Malvidin: 0.16mg, Malvidin: 0.16mg, Malvidin: 0.16mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 17.57mg, Peonidin: 17.57mg, Peonidin: 17.57mg, Peonidin: 17.57mg Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg,

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Nutrients (% of daily need)

Calories: 321.32kcal (16.07%), Fat: 9.27g (14.26%), Saturated Fat: 3.26g (20.38%), Carbohydrates: 61.64g (20.55%), Net Carbohydrates: 57.83g (21.03%), Sugar: 52.14g (57.94%), Cholesterol: 11.62mg (3.87%), Sodium: 41.19mg (1.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.54%), Manganese: 0.66mg (33.1%), Vitamin C: 14.11mg (17.1%), Fiber: 3.81g (15.25%), Copper: 0.14mg (7.2%), Vitamin B1: 0.09mg (6.07%), Magnesium: 23.13mg (5.78%), Phosphorus: 54.15mg (5.41%), Vitamin E: 0.81mg (5.37%), Potassium: 179.57mg (5.13%), Vitamin A: 214.98IU (4.3%), Iron: 0.71mg (3.93%), Zinc: 0.55mg (3.69%), Vitamin B6: 0.07mg (3.61%), Vitamin K: 3.69µg (3.51%), Selenium: 2.37µg (3.38%), Calcium: 30.86mg (3.09%), Vitamin B5: 0.3mg (3.05%), Vitamin B2: 0.05mg (2.86%), Folate: 9.48µg (2.37%), Vitamin B3: 0.29mg (1.47%)