



## Vegan Baked Apples with Oat Crumble

 Vegetarian  Vegan  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



288 kcal

DESSERT

### Ingredients

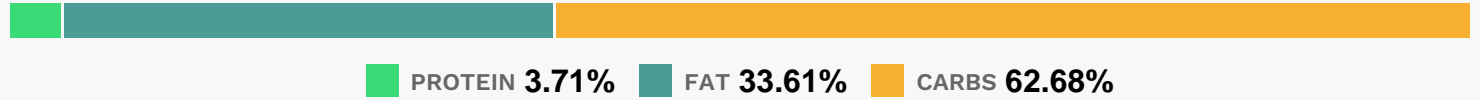
- 0.3 cup flour
- 3 apples cored halved
- 0.5 cup brown sugar
- 0.3 cup canola oil
- 0.5 tsp cinnamon
- 3 tbsp cognac
- 0.3 tsp nutmeg
- 1 cup rolled oats whole

# Equipment

## Directions

See full recipe at [Because I Like Chocolate](#).

## Nutrition Facts



## Properties

Glycemic Index:39.5, Glycemic Load:9.33, Inflammation Score:-3, Nutrition Score:6.2091304115627%

## Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

## Nutrients (% of daily need)

Calories: 288.01kcal (14.4%), Fat: 10.46g (16.09%), Saturated Fat: 0.89g (5.59%), Carbohydrates: 43.89g (14.63%), Net Carbohydrates: 40.06g (14.57%), Sugar: 27.43g (30.47%), Cholesterol: 0mg (0%), Sodium: 7.07mg (0.31%), Alcohol: 2.51g (100%), Alcohol %: 2.19% (100%), Protein: 2.59g (5.19%), Manganese: 0.61mg (30.57%), Fiber: 3.82g (15.29%), Vitamin E: 1.86mg (12.41%), Vitamin K: 9.01µg (8.58%), Selenium: 5.9µg (8.43%), Vitamin B1: 0.12mg (7.96%), Phosphorus: 72.41mg (7.24%), Magnesium: 26.29mg (6.57%), Iron: 1.08mg (6%), Vitamin C: 4.2mg (5.09%), Potassium: 177.65mg (5.08%), Copper: 0.1mg (4.84%), Folate: 16.85µg (4.21%), Vitamin B2: 0.07mg (4.16%), Zinc: 0.58mg (3.86%), Calcium: 30.82mg (3.08%), Vitamin B6: 0.06mg (3.06%), Vitamin B3: 0.57mg (2.83%), Vitamin B5: 0.25mg (2.55%)