



A Fruitful Crisp for the 4th of July

READY IN



45 min.

SERVINGS



8

CALORIES



431 kcal

DESSERT

Ingredients

- ☐ 0.8 cup flour
- ☐ 0.1 teaspoon cardamom
- ☐ 2 tablespoons cornstarch
- ☐ 0.3 cup t brown sugar dark packed
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 pounds nectarines pitted halved cut into 3/4-inch-thick slices
- ☐ 0.8 cup oats
- ☐ 1.5 pint raspberries fresh
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup sugar
- ☐ 6 tablespoons butter unsalted cooled melted ()
- ☐ 8 servings whipped cream for serving

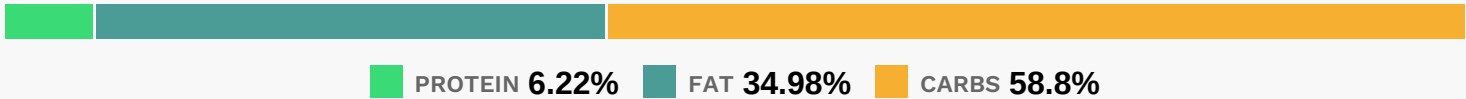
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Mix flour, oats, sugar, brown sugar, cinnamon, salt, and cardamom in a medium bowl.
- ☐ Add the melted butter and rub in with fingertips until mixture comes together in small clumps.
- ☐ For the fruit: Position rack in center of the oven and preheat to 375°F. Butter an 11 x 7 x 2-inch glass baking dish (note: I didn't have one, so I used a 9x9 and it worked fine).
- ☐ Combine the nectarines, raspberries, sugar and cornstarch in a large bowl; toss to blend.
- ☐ Transfer mixture to prepared baking dish.
- ☐ Sprinkle topping evenly over fruit.
- ☐ Bake until fruit mixture is bubbling and topping is golden brown, about 50 minutes. Cool 20 minutes.
- ☐ Serve with ice cream.

Nutrition Facts



Properties

Glycemic Index:43.76, Glycemic Load:27.95, Inflammation Score:-7, Nutrition Score:15.229130563529%

Flavonoids

Cyanidin: 43.02mg, Cyanidin: 43.02mg, Cyanidin: 43.02mg, Cyanidin: 43.02mg Petunidin: 0.28mg, Petunidin: 0.28mg, Petunidin: 0.28mg, Petunidin: 0.28mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg,

Delphinidin: 1.17mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 0.87mg, Pelargonidin: 0.87mg, Pelargonidin: 0.87mg, Pelargonidin: 0.87mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 4.54mg, Catechin: 4.54mg, Catechin: 4.54mg, Catechin: 4.54mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 6mg, Epicatechin: 6mg, Epicatechin: 6mg, Epicatechin: 6mg Epigallocatechin 3–gallate: 0.48mg, Epigallocatechin 3–gallate: 0.48mg, Epigallocatechin 3–gallate: 0.48mg, Epigallocatechin 3–gallate: 0.48mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 431.18kcal (21.56%), Fat: 17.33g (26.66%), Saturated Fat: 9.99g (62.47%), Carbohydrates: 65.54g (21.85%), Net Carbohydrates: 56.52g (20.55%), Sugar: 39.91g (44.35%), Cholesterol: 51.62mg (17.2%), Sodium: 144.9mg (6.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.94g (13.87%), Manganese: 1.09mg (54.69%), Fiber: 9.02g (36.08%), Vitamin C: 26.94mg (32.65%), Vitamin A: 946.2IU (18.92%), Phosphorus: 175.13mg (17.51%), Vitamin B2: 0.29mg (17.33%), Magnesium: 63.07mg (15.77%), Vitamin B1: 0.23mg (15.18%), Potassium: 466.09mg (13.32%), Folate: 53µg (13.25%), Vitamin B3: 2.64mg (13.22%), Vitamin E: 1.97mg (13.11%), Calcium: 123.38mg (12.34%), Copper: 0.24mg (11.99%), Selenium: 8.21µg (11.72%), Iron: 1.98mg (11.01%), Vitamin B5: 1.01mg (10.11%), Vitamin K: 10.42µg (9.92%), Zinc: 1.41mg (9.39%), Vitamin B6: 0.12mg (6.24%), Vitamin B12: 0.28µg (4.59%), Vitamin D: 0.29µg (1.93%)