



Berry Delicious Rhubarb Crisp

READY IN



40 min.

SERVINGS



9

CALORIES



467 kcal

DESSERT

Ingredients

- 1.5 cups blackberries fresh
- 1 cup brown sugar packed
- 0.5 cup butter melted
- 1 tablespoon cornstarch
- 1 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 0.8 cup rolled oats
- 1.5 cups rhubarb fresh diced
- 1.5 cups strawberries fresh sliced

- 0.5 cup sugar
- 1.5 teaspoons vanilla extract divided
- 9 servings whipped cream
- 0.5 cup water cold

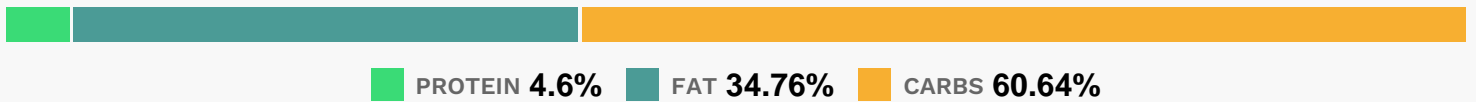
Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- In a small bowl, combine the flour, brown sugar, oats, butter, 1 teaspoon vanilla and cinnamon. Set aside 1 cup for topping; press remaining crumb mixture into a greased 8-in. square baking dish. Top with rhubarb, strawberries and blackberries.
- In a small saucepan, combine sugar and cornstarch. Stir in water. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Stir in remaining vanilla.
- Pour over fruit; sprinkle with remaining crumb mixture.
- Bake at 350° for 25-30 minutes or until bubbly.
- Serve with ice cream.

Nutrition Facts



Properties

Glycemic Index:42.12, Glycemic Load:27.08, Inflammation Score:-6, Nutrition Score:10.808261036873%

Flavonoids

Cyanidin: 24.39mg, Cyanidin: 24.39mg, Cyanidin: 24.39mg, Cyanidin: 24.39mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 6.07mg, Pelargonidin: 6.07mg, Pelargonidin: 6.07mg, Pelargonidin: 6.07mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 10.08mg, Catechin: 10.08mg,

Catechin: 10.08mg, Catechin: 10.08mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg Epicatechin 3–gallate: 0.16mg, Epicatechin 3–gallate: 0.16mg, Epicatechin 3–gallate: 0.16mg, Epicatechin 3–gallate: 0.16mg Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 467kcal (23.35%), Fat: 18.33g (28.21%), Saturated Fat: 11.08g (69.24%), Carbohydrates: 71.95g (23.98%), Net Carbohydrates: 68.19g (24.8%), Sugar: 51.56g (57.29%), Cholesterol: 56.15mg (18.72%), Sodium: 143.64mg (6.25%), Alcohol: 0.23g (100%), Alcohol %: 0.13% (100%), Protein: 5.46g (10.92%), Manganese: 0.69mg (34.49%), Vitamin C: 21.18mg (25.68%), Vitamin B2: 0.26mg (15.43%), Fiber: 3.76g (15.05%), Calcium: 144.5mg (14.45%), Vitamin A: 668.65IU (13.37%), Phosphorus: 130.19mg (13.02%), Selenium: 8.78µg (12.55%), Vitamin B1: 0.18mg (12.17%), Vitamin K: 12.56µg (11.97%), Folate: 44.7µg (11.17%), Potassium: 342.55mg (9.79%), Magnesium: 34.8mg (8.7%), Iron: 1.49mg (8.27%), Vitamin B5: 0.68mg (6.81%), Zinc: 1.01mg (6.71%), Copper: 0.13mg (6.65%), Vitamin B3: 1.32mg (6.59%), Vitamin E: 0.94mg (6.25%), Vitamin B12: 0.28µg (4.65%), Vitamin B6: 0.08mg (3.94%)