



Blackberry Hazelnut Honey Crisp



Vegetarian



Gluten Free

READY IN



120 min.

SERVINGS



8

CALORIES



327 kcal

DESSERT

Ingredients

- ☐ 8 cups blackberries fresh
- ☐ 0.5 cup butter
- ☐ 0.8 cup hazelnuts shelled
- ☐ 0.3 cup honey
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.5 cup oats
- ☐ 3 tablespoons cooking tapioca
- ☐ 0.5 teaspoon salt

☐ 0.3 cup sugar

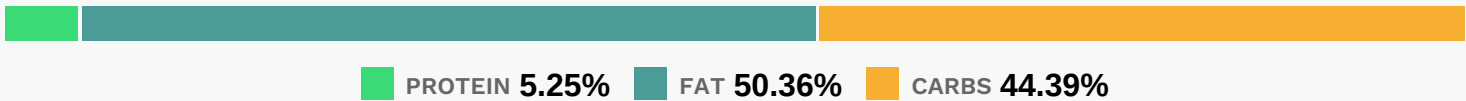
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ kitchen towels

Directions

- ☐ Preheat oven to 35
- ☐ In a large bowl, toss berries with tapioca. In a small bowl, combine honey, lemon juice, and 1 tbsp. boiling water. Stir to dissolve honey.
- ☐ Add to berries and toss to combine. Put in an 8- by 8-in. baking pan and set aside.
- ☐ Spread hazelnuts on a baking sheet and toast in oven until medium golden brown, 10 to 15 minutes. Rub nuts in a kitchen towel to remove skins; let nuts cool. In a food processor, pulse nuts until finely ground.
- ☐ Add flour, sugar, and salt and pulse to combine.
- ☐ Add butter and pulse until mixture forms a thick dough. Stir in oats. Drop in flattened 1-tsp. chunks over berries.
- ☐ Bake until topping is brown and berries are bubbling, about 1 hour.
- ☐ Let cool to set, 30 minutes.

Nutrition Facts



Properties

Glycemic Index:34.67, Glycemic Load:12.53, Inflammation Score:-8, Nutrition Score:15.997391437707%

Flavonoids

Cyanidin: 144.68mg, Cyanidin: 144.68mg, Cyanidin: 144.68mg, Cyanidin: 144.68mg Pelargonidin: 0.65mg, Pelargonidin: 0.65mg, Pelargonidin: 0.65mg, Pelargonidin: 0.65mg Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg Catechin: 53.5mg, Catechin: 53.5mg, Catechin: 53.5mg, Catechin: 53.5mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 6.74mg, Epicatechin: 6.74mg, Epicatechin: 6.74mg, Epicatechin: 6.74mg Epigallocatechin 3–gallate: 1.1mg, Epigallocatechin 3–gallate: 1.1mg, Epigallocatechin 3–gallate: 1.1mg, Epigallocatechin 3–gallate: 1.1mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg

Nutrients (% of daily need)

Calories: 326.65kcal (16.33%), Fat: 19.44g (29.9%), Saturated Fat: 7.87g (49.21%), Carbohydrates: 38.55g (12.85%), Net Carbohydrates: 29.31g (10.66%), Sugar: 22.72g (25.25%), Cholesterol: 30.5mg (10.17%), Sodium: 238.72mg (10.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.12%), Manganese: 1.85mg (92.64%), Vitamin C: 33.95mg (41.15%), Fiber: 9.24g (36.97%), Vitamin K: 31.26µg (29.78%), Vitamin E: 3.75mg (24.99%), Copper: 0.46mg (22.77%), Magnesium: 61.78mg (15.44%), Vitamin A: 665.41IU (13.31%), Folate: 52.5µg (13.12%), Potassium: 344.84mg (9.85%), Iron: 1.71mg (9.52%), Phosphorus: 91.95mg (9.2%), Vitamin B1: 0.13mg (8.74%), Zinc: 1.24mg (8.28%), Calcium: 61.62mg (6.16%), Vitamin B3: 1.2mg (6%), Vitamin B6: 0.12mg (5.9%), Vitamin B5: 0.57mg (5.69%), Selenium: 2.84µg (4.06%), Vitamin B2: 0.07mg (3.97%)