



Blueberry Almond and Amaretto Quinoa Crisp



Vegetarian



Gluten Free



Popular

READY IN



60 min.

SERVINGS



4

CALORIES



411 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almond flour (or flour or rice flour etc)
- ☐ 0.3 cup almonds sliced
- ☐ 6 cups blueberries
- ☐ 2 tablespoons brown sugar
- ☐ 2 tablespoons butter melted
- ☐ 1 tablespoon cornstarch
- ☐ 2 tablespoons juice of lemon (-)
- ☐ 0.5 cup quinoa rinsed

- ☐ 0.3 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup water

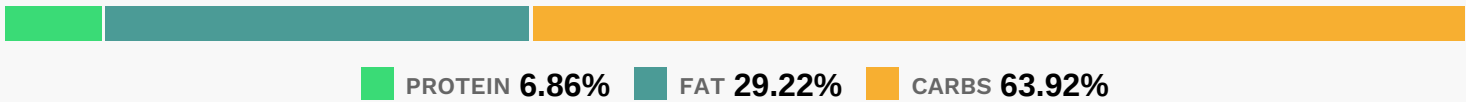
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Bring the water and quinoa to a boil, reduce the heat and simmer, covered, until the quinoa is tender and has absorbed the water, about 15 minutes, remove from heat and let sit for 5 minutes, covered.
- ☐ Mix the blueberries, sugar, cornstarch, amaretto, lemon juice and vanilla and place in an 8x8 inch baking dish (or a number of smaller dishes).
- ☐ Mix the quinoa, brown sugar, butter, flour and almond slices and crumble on top of the blueberries.
- ☐ Bake in a preheated 350F oven until it is bubbling and the top is golden brown, about 30–45 minutes.

Nutrition Facts



Properties

Glycemic Index:42.52, Glycemic Load:19.53, Inflammation Score:-8, Nutrition Score:15.305217637316%

Flavonoids

Cyanidin: 18.92mg, Cyanidin: 18.92mg, Cyanidin: 18.92mg, Cyanidin: 18.92mg Petunidin: 70mg, Petunidin: 70mg, Petunidin: 70mg, Petunidin: 70mg Delphinidin: 78.65mg, Delphinidin: 78.65mg, Delphinidin: 78.65mg, Delphinidin: 78.65mg Malvidin: 150.05mg, Malvidin: 150.05mg, Malvidin: 150.05mg, Malvidin: 150.05mg Peonidin: 45.04mg, Peonidin: 45.04mg, Peonidin: 45.04mg, Peonidin: 45.04mg Catechin: 11.82mg, Catechin: 11.82mg, Catechin: 11.82mg, Catechin: 11.82mg Epigallocatechin: 1.61mg, Epigallocatechin: 1.61mg, Epigallocatechin: 1.61mg, Epigallocatechin: 1.61mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg

1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 3.71mg, Kaempferol: 3.71mg, Kaempferol: 3.71mg, Kaempferol: 3.71mg Myricetin: 2.89mg, Myricetin: 2.89mg, Myricetin: 2.89mg, Myricetin: 2.89mg Quercetin: 17.08mg, Quercetin: 17.08mg, Quercetin: 17.08mg, Quercetin: 17.08mg Gallocatechin: 0.27mg, Gallocatechin: 0.27mg, Gallocatechin: 0.27mg, Gallocatechin: 0.27mg

Nutrients (% of daily need)

Calories: 410.85kcal (20.54%), Fat: 14.09g (21.68%), Saturated Fat: 4.28g (26.73%), Carbohydrates: 69.36g (23.12%), Net Carbohydrates: 61.04g (22.2%), Sugar: 41.22g (45.8%), Cholesterol: 15.05mg (5.02%), Sodium: 52.72mg (2.29%), Alcohol: 0.34g (100%), Alcohol %: 0.13% (100%), Protein: 7.45g (14.89%), Manganese: 1.32mg (65.9%), Vitamin K: 43.34µg (41.27%), Fiber: 8.32g (33.27%), Vitamin C: 24.44mg (29.62%), Vitamin E: 3.43mg (22.86%), Magnesium: 72.46mg (18.12%), Copper: 0.32mg (16.24%), Phosphorus: 154.25mg (15.43%), Folate: 56.72µg (14.18%), Vitamin B2: 0.23mg (13.59%), Iron: 2.14mg (11.88%), Vitamin B6: 0.23mg (11.66%), Vitamin B1: 0.17mg (11.51%), Potassium: 351.9mg (10.05%), Zinc: 1.21mg (8.09%), Vitamin B3: 1.48mg (7.4%), Calcium: 62.19mg (6.22%), Vitamin A: 298.29IU (5.97%), Vitamin B5: 0.49mg (4.92%), Selenium: 2.54µg (3.64%)