



Blueberry Crisp

 Vegetarian

READY IN



55 min.

SERVINGS



8

CALORIES



224 kcal

DESSERT

Ingredients

- 1 pound blueberries fresh
- 0.5 cup brown sugar packed
- 2 tablespoons brown sugar
- 0.3 cup butter chilled cut into small pieces
- 2 tablespoons cornmeal
- 4 teaspoons cornstarch divided
- 0.5 cup flour all-purpose
- 0.3 teaspoon ground cinnamon

- 0.3 cup old-fashioned rolled oats
- 0.5 teaspoon salt
- 0.5 teaspoon vanilla extract
- 3 tablespoons walnuts chopped

Equipment

- food processor
- bowl
- oven
- knife
- baking pan
- measuring cup

Directions

- Preheat oven to 37
- Coat an 8-inch square glass or ceramic baking dish with cooking spray.
- Sprinkle 2 teaspoons cornstarch evenly in dish.
- Combine remaining 2 teaspoons cornstarch, 2 tablespoons brown sugar, vanilla, and blueberries in a large bowl; toss.
- Place in prepared baking dish.
- Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour and next 6 ingredients (through cinnamon) in the bowl of a food processor; pulse twice to combine.
- Add butter; pulse 5 times or until the mixture resembles coarse meal. Spoon topping evenly over blueberries, packing down lightly.
- Bake at 375 for 30 minutes or until filling is bubbly and topping is golden.

Nutrition Facts

PROTEIN 4.26% **FAT 34.12%** **CARBS 61.62%**

Properties

Glycemic Index:37.31, Glycemic Load:8.78, Inflammation Score:-4, Nutrition Score:5.396521701113%

Flavonoids

Cyanidin: 4.9mg, Cyanidin: 4.9mg, Cyanidin: 4.9mg, Cyanidin: 4.9mg Petunidin: 17.88mg, Petunidin: 17.88mg, Petunidin: 17.88mg, Petunidin: 17.88mg Delphinidin: 20.09mg, Delphinidin: 20.09mg, Delphinidin: 20.09mg, Delphinidin: 20.09mg Malvidin: 38.32mg, Malvidin: 38.32mg, Malvidin: 38.32mg, Malvidin: 38.32mg Peonidin: 11.5mg, Peonidin: 11.5mg, Peonidin: 11.5mg, Peonidin: 11.5mg Catechin: 3mg, Catechin: 3mg, Catechin: 3mg, Catechin: 3mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 223.68kcal (11.18%), Fat: 8.78g (13.5%), Saturated Fat: 3.96g (24.74%), Carbohydrates: 35.67g (11.89%), Net Carbohydrates: 33.31g (12.11%), Sugar: 22.11g (24.57%), Cholesterol: 15.25mg (5.08%), Sodium: 196.81mg (8.56%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Protein: 2.46g (4.93%), Manganese: 0.5mg (25.15%), Vitamin K: 11.64µg (11.09%), Fiber: 2.36g (9.42%), Vitamin B1: 0.11mg (7.64%), Vitamin C: 5.55mg (6.73%), Copper: 0.13mg (6.4%), Folate: 23.42µg (5.85%), Selenium: 4.07µg (5.82%), Iron: 0.94mg (5.25%), Magnesium: 18.97mg (4.74%), Phosphorus: 46.79mg (4.68%), Vitamin B2: 0.08mg (4.49%), Vitamin B3: 0.85mg (4.27%), Vitamin A: 208.82IU (4.18%), Vitamin B6: 0.08mg (3.88%), Vitamin E: 0.54mg (3.6%), Potassium: 110.46mg (3.16%), Zinc: 0.44mg (2.97%), Calcium: 26.09mg (2.61%), Vitamin B5: 0.2mg (1.99%)