



Blueberry Crisp

READY IN



60 min.

SERVINGS



6

CALORIES



1009 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 6 cups blueberries dried rinsed
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 6 servings ice cream for topping
- ☐ 0.3 cup brown sugar light packed
- ☐ 0.8 cup pecans chopped
- ☐ 0.5 cup quick-cooking oats

- ☐ 1 pinch salt
- ☐ 0.3 cup sugar
- ☐ 0.5 stick butter unsalted cubed room temperature
- ☐ 6 servings whipped cream for topping

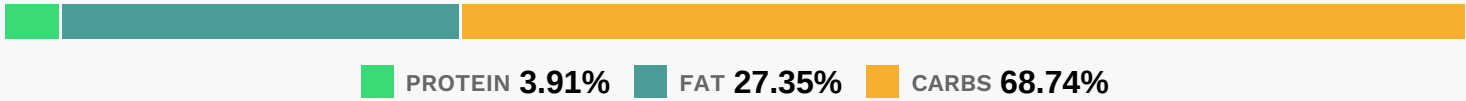
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 375 degrees F.
- ☐ Toss blueberries, cornstarch, sugar and a pinch of salt together in a bowl.
- ☐ Combine flour, oats, brown and white sugar, cinnamon, nutmeg and pecans in a bowl.
- ☐ Add butter and pinch into chunks.
- ☐ Mix until it looks crumbly.
- ☐ Add the blueberries into a 2-quart baking dish. Top evenly with the crumb mixture.
- ☐ Bake for 40 minutes.
- ☐ Serve with ice cream and whipped cream.

Nutrition Facts



Properties

Glycemic Index:68.52, Glycemic Load:23.86, Inflammation Score:-5, Nutrition Score:15.756956725017%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin:

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0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg

Nutrients (% of daily need)

Calories: 1009.33kcal (50.47%), Fat: 30.67g (47.18%), Saturated Fat: 11.1g (69.4%), Carbohydrates: 173.4g (57.8%),
Net Carbohydrates: 150.64g (54.78%), Sugar: 116.38g (129.31%), Cholesterol: 53.85mg (17.95%), Sodium: 103.98mg
(4.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.86g (19.71%), Fiber: 22.76g (91.04%), Manganese: 1mg
(50.22%), Potassium: 1446.67mg (41.33%), Iron: 4.17mg (23.17%), Calcium: 195.79mg (19.58%), Vitamin B1: 0.24mg
(15.88%), Phosphorus: 157.61mg (15.76%), Vitamin B2: 0.24mg (14.38%), Magnesium: 48.18mg (12.04%), Copper:
0.23mg (11.37%), Selenium: 7.91µg (11.31%), Vitamin A: 562.24IU (11.24%), Zinc: 1.4mg (9.33%), Folate: 28.14µg
(7.04%), Vitamin B5: 0.64mg (6.36%), Vitamin B12: 0.29µg (4.85%), Vitamin E: 0.7mg (4.67%), Vitamin B3: 0.93mg
(4.63%), Vitamin B6: 0.08mg (3.92%), Vitamin D: 0.3µg (1.98%), Vitamin K: 1.72µg (1.64%)