



Blueberry Crisp

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



124 kcal

DESSERT

Ingredients

- ☐ 9 cups blueberries fresh
- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 12 servings streusel topping
- ☐ 0.3 cup sugar

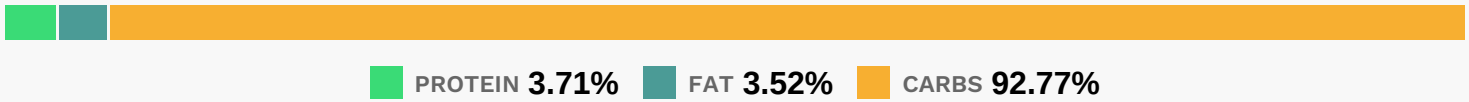
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Stir together first 6 ingredients in a large mixing bowl; toss until berries are coated. Spoon mixture into a lightly greased 13- x 9-inch baking dish. Spoon Streusel Topping over berry mixture.
- ☐ Bake at 375 for 40 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:11.18, Inflammation Score:-4, Nutrition Score:4.7747826269301%

Flavonoids

Cyanidin: 9.39mg, Cyanidin: 9.39mg, Cyanidin: 9.39mg, Cyanidin: 9.39mg Petunidin: 35mg, Petunidin: 35mg, Petunidin: 35mg, Petunidin: 35mg Delphinidin: 39.33mg, Delphinidin: 39.33mg, Delphinidin: 39.33mg, Delphinidin: 39.33mg Malvidin: 75.02mg, Malvidin: 75.02mg, Malvidin: 75.02mg, Malvidin: 75.02mg Peonidin: 22.52mg, Peonidin: 22.52mg, Peonidin: 22.52mg Catechin: 5.87mg, Catechin: 5.87mg, Catechin: 5.87mg, Catechin: 5.87mg Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

Nutrients (% of daily need)

Calories: 124.44kcal (6.22%), Fat: 0.52g (0.81%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 30.99g (10.33%), Net Carbohydrates: 28.15g (10.24%), Sugar: 22.9g (25.44%), Cholesterol: 0.01mg (0%), Sodium: 6.42mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.48%), Manganese: 0.42mg (21.01%), Vitamin K: 21.48µg (20.46%), Vitamin C: 10.77mg (13.06%), Fiber: 2.84g (11.35%), Vitamin B1: 0.07mg (4.59%), Vitamin E: 0.66mg (4.42%), Vitamin B2: 0.06mg (3.81%), Copper: 0.08mg (3.79%), Vitamin B3: 0.68mg (3.4%), Folate: 13.15µg (3.29%), Vitamin B6: 0.06mg (3.11%), Iron: 0.54mg (3%), Potassium: 100.77mg (2.88%), Magnesium: 8.58mg (2.15%), Selenium: 1.42µg (2.03%), Phosphorus: 18.43mg (1.84%), Vitamin B5: 0.16mg (1.62%), Zinc: 0.22mg (1.43%), Calcium: 13.71mg (1.37%), Vitamin A: 60.25IU (1.2%)