



Blueberry Crisp



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



154 kcal

DESSERT

Ingredients



5 tbsp agave nectar



12 ounces blueberries frozen rinsed



2 tbsp sugar raw

Equipment



bowl

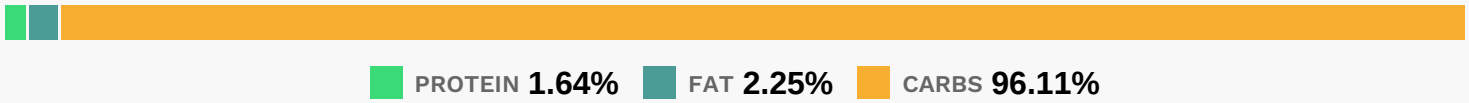


oven

Directions

- ☐ Preheat oven to 400 F.
- ☐ Place blueberries into 10" glass dish and sprinkle with sugar. In another bowl, mix oats, agave and flour together until it crumbles.
- ☐ Place crumbs over blueberries and sprinkle cinnamon over top.
- ☐ Bake 10–12 minutes, or until the top is crisp.
- ☐ Nutritional Information
- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ 30g
- ☐ Carbohydrate
- ☐ 40gDietary Fiber3.90gSugars36.50gProtein4.10g

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:7.12, Inflammation Score:-3, Nutrition Score:4.2308695523635%

Flavonoids

Cyanidin: 7.2mg, Cyanidin: 7.2mg, Cyanidin: 7.2mg, Cyanidin: 7.2mg Petunidin: 26.82mg, Petunidin: 26.82mg, Petunidin: 26.82mg, Petunidin: 26.82mg Delphinidin: 30.13mg, Delphinidin: 30.13mg, Delphinidin: 30.13mg, Delphinidin: 30.13mg Malvidin: 57.48mg, Malvidin: 57.48mg, Malvidin: 57.48mg, Malvidin: 57.48mg Peonidin: 17.26mg, Peonidin: 17.26mg, Peonidin: 17.26mg, Peonidin: 17.26mg Catechin: 4.5mg, Catechin: 4.5mg, Catechin: 4.5mg, Catechin: 4.5mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 153.79kcal (7.69%), Fat: 0.4g (0.61%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 38.38g (12.79%), Net Carbohydrates: 36.28g (13.19%), Sugar: 32.27g (35.86%), Cholesterol: 0mg (0%), Sodium: 2.08mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.31%), Vitamin K: 22.32µg (21.26%), Vitamin C: 12.71mg (15.41%), Manganese: 0.29mg (14.49%), Fiber: 2.09g (8.37%), Vitamin B6: 0.11mg (5.28%), Vitamin E: 0.74mg (4.95%), Vitamin B2: 0.08mg (4.6%), Vitamin B1: 0.06mg (4.23%), Folate: 12.98µg (3.24%), Vitamin B3: 0.54mg (2.68%), Copper: 0.05mg (2.57%), Potassium: 68.28mg (1.95%), Iron: 0.28mg (1.58%), Magnesium: 5.49mg (1.37%), Phosphorus: 10.53mg (1.05%), Vitamin B5: 0.11mg (1.05%)