



Blueberry Crisp à la Mode

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



305 kcal

DESSERT

Ingredients

- ☐ 6 cups blueberries
- ☐ 0.5 cup brown sugar packed
- ☐ 2 tablespoons brown sugar
- ☐ 0.7 cup flour all-purpose
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 cups vanilla yogurt frozen low-fat
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 0.5 cup regular oats
- ☐ 4.5 tablespoons stick margarine chilled cut into small pieces

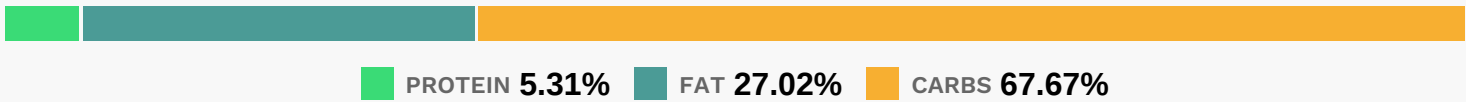
Equipment

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

Directions

- ☐ Preheat oven to 37
- ☐ Combine first 4 ingredients in a medium bowl; spoon into an 11 x 7-inch baking dish. Lightly spoon flour into a dry measuring cup, and level with a knife.
- ☐ Combine 2/3 cup flour, 1/2 cup brown sugar, oats, and cinnamon, and cut in the butter with a pastry blender or 2 knives until the mixture resembles coarse meal.
- ☐ Sprinkle over the blueberry mixture.
- ☐ Bake at 375 for 30 minutes or until bubbly. Top each serving with 1/4 cup frozen yogurt.
- ☐ Note: Topping may also be made in the food processor.
- ☐ Place 2/3 cup flour, 1/2 cup brown sugar, oats, and cinnamon in a food processor, and pulse 2 times or until combined.
- ☐ Add butter; pulse 4 times or until mixture resembles coarse meal.

Nutrition Facts



Properties

Glycemic Index:29.38, Glycemic Load:12.81, Inflammation Score:-6, Nutrition Score:8.9156521966924%

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, 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 Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.22mg, 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: 8.52mg, Quercetin: 8.52mg, Quercetin: 8.52mg, Quercetin: 8.52mg Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

Nutrients (% of daily need)

Calories: 305.37kcal (15.27%), Fat: 9.53g (14.66%), Saturated Fat: 2.73g (17.04%), Carbohydrates: 53.69g (17.9%), Net Carbohydrates: 50.1g (18.22%), Sugar: 36.08g (40.08%), Cholesterol: 0.72mg (0.24%), Sodium: 116.12mg (5.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.42%), Manganese: 0.68mg (34.12%), Vitamin K: 21.72µg (20.69%), Fiber: 3.59g (14.35%), Vitamin C: 11.8mg (14.31%), Vitamin B2: 0.19mg (11.38%), Vitamin B1: 0.17mg (11.21%), Selenium: 6.82µg (9.74%), Phosphorus: 95.65mg (9.57%), Vitamin A: 434.45IU (8.69%), Calcium: 80.87mg (8.09%), Folate: 31.86µg (7.96%), Iron: 1.3mg (7.21%), Vitamin B3: 1.32mg (6.59%), Vitamin E: 0.97mg (6.44%), Potassium: 220.43mg (6.3%), Copper: 0.12mg (6.13%), Magnesium: 23.17mg (5.79%), Vitamin B6: 0.11mg (5.27%), Vitamin B5: 0.51mg (5.09%), Zinc: 0.6mg (4.01%), Vitamin B12: 0.11µg (1.88%)