



Blueberry-Nectarine Crisp

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



1156 kcal

DESSERT

Ingredients

- 0.5 cup almonds sliced
- 1 pint blueberries
- 0.3 cup tightly brown sugar packed
- 0.5 cup brown sugar
- 2 tablespoons cornstarch
- 1.3 cups flour all-purpose
- 1 pinch kosher salt
- 0.5 lemon zest juiced

- 1 cup mascarpone cheese
- 2 large nectarines thick pitted ripe cut into slices
- 0.5 cup rolled oats
- 0.5 cup sugar
- 1 tablespoon sugar
- 2 tablespoons sugar
- 1.3 stick butter unsalted cold cut into pea-sized pieces
- 0.5 teaspoon vanilla extract
- 1 tablespoons water cold

Equipment

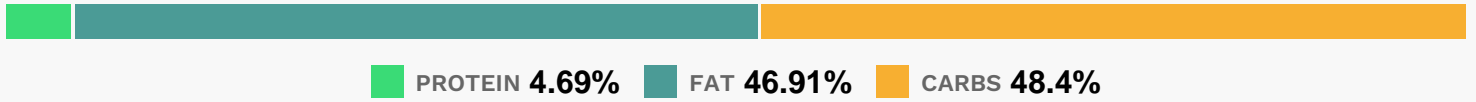
- food processor
- bowl
- frying pan
- oven
- ramekin

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- For the filling: Toss the blueberries and nectarines in a large bowl with the lemon zest and juice.
- Add the rest of the ingredients and stir to combine. Divide the filling evenly among 4 (6-ounce) ramekins.
- Combine all of the ingredients in a food processor except the water. Pulse until combined, this will take about 30 seconds.
- Add the water, 1 tablespoon at a time, until the mixture is clumpy but crumbly.
- Top each ramekin with the topping. Be sure to loosely sprinkle the topping and not pack it down. The idea is to look very crumbly and craggy.

- Place the ramekins on a sheet tray and bake in the oven until the filling is hot and bubbly and the topping is brown and crispy, 20 to 25 minutes.
- Sweeten the mascarpone with the sugar. Onto a small sheet pan or plate, neatly spoon 4 small portions of sweetened mascarpone and chill until ready to serve.
- Top each crisp with a quenelle of cold mascarpone.
- Serve the crisps warm.

Nutrition Facts



Properties

Glycemic Index:110.94, Glycemic Load:56.04, Inflammation Score:-9, Nutrition Score:20.541304432827%

Flavonoids

Cyanidin: 11.95mg, Cyanidin: 11.95mg, Cyanidin: 11.95mg, Cyanidin: 11.95mg Petunidin: 37.3mg, Petunidin: 37.3mg, Petunidin: 37.3mg, Petunidin: 37.3mg Delphinidin: 41.91mg, Delphinidin: 41.91mg, Delphinidin: 41.91mg, Delphinidin: 41.91mg Malvidin: 79.95mg, Malvidin: 79.95mg, Malvidin: 79.95mg, Malvidin: 79.95mg Peonidin: 24mg, Peonidin: 24mg, Peonidin: 24mg, Peonidin: 24mg Catechin: 8.73mg, Catechin: 8.73mg, Catechin: 8.73mg, Catechin: 8.73mg Epigallocatechin: 1.08mg, Epigallocatechin: 1.08mg, Epigallocatechin: 1.08mg, Epigallocatechin: 1.08mg Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg Quercetin: 9.65mg, Quercetin: 9.65mg, Quercetin: 9.65mg, Quercetin: 9.65mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 1155.71kcal (57.79%), Fat: 61.46g (94.55%), Saturated Fat: 34.53g (215.83%), Carbohydrates: 142.67g (47.56%), Net Carbohydrates: 135.1g (49.13%), Sugar: 92.67g (102.97%), Cholesterol: 132.17mg (44.06%), Sodium: 69.82mg (3.04%), Alcohol: 0.17g (100%), Alcohol %: 0.05% (100%), Protein: 13.81g (27.62%), Manganese: 1.37mg (68.46%), Vitamin A: 1992.94IU (39.86%), Vitamin E: 4.98mg (33.2%), Fiber: 7.56g (30.26%), Vitamin B1: 0.45mg (29.93%), Vitamin K: 27.18µg (25.89%), Selenium: 17.93µg (25.61%), Vitamin B2: 0.43mg (25.19%), Folate: 93.05µg (23.26%), Vitamin B3: 4.27mg (21.33%), Iron: 3.57mg (19.85%), Copper: 0.38mg (18.81%), Phosphorus: 184.23mg (18.42%), Magnesium: 72.39mg (18.1%), Calcium: 172.81mg (17.28%), Vitamin C: 13.8mg (16.73%), Potassium: 421.1mg (12.03%), Zinc: 1.41mg (9.37%), Vitamin B5: 0.72mg (7.23%), Vitamin B6: 0.14mg (7.11%), Vitamin D: 0.53µg (3.53%)