



Cheery Cherry Crisp

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



246 kcal

DESSERT

Ingredients

- 0.3 cup brown sugar packed
- 3.5 cups cherries dark sweet frozen thawed pitted
- 2 tablespoons cornstarch
- 0.5 cup flour all-purpose
- 2 tablespoons basil fresh minced
- 0.3 cup butter reduced-fat
- 0.5 cup oats
- 1 cup rhubarb fresh thawed chopped

- 0.3 teaspoon salt
- 0.8 cup sugar divided

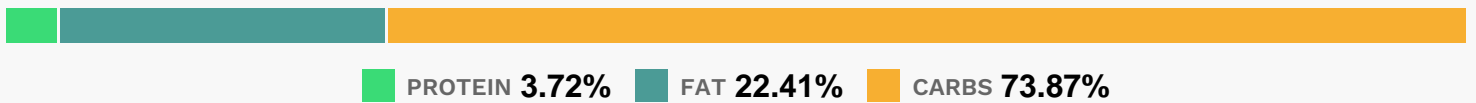
Equipment

- bowl
- oven
- baking pan
- microwave

Directions

- Drain cherries, reserving juice.
- Add enough water to measure 1/2 cup. Set cherries aside. In a microwave-safe 8-in. square baking dish, combine 1/2 cup sugar, cornstarch and reserved juice until smooth. Microwave, uncovered, on high for 3–4 minutes or until thickened, stirring occasionally. Gently stir in the rhubarb, basil, reserved cherries and remaining sugar.
- In a small bowl, combine the flour, oats, brown sugar and salt.
- Cut in margarine until mixture resembles coarse crumbs.
- Sprinkle over cherry mixture.
- Bake, uncovered, at 350° for 30–35 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:39.39, Glycemic Load:21.24, Inflammation Score:-4, Nutrition Score:4.9239130431543%

Flavonoids

Cyanidin: 18.24mg, Cyanidin: 18.24mg, Cyanidin: 18.24mg, Cyanidin: 18.24mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.91mg, Peonidin: 0.91mg, Peonidin: 0.91mg, Peonidin: 0.91mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 3.1mg, Epicatechin: 3.1mg, Epicatechin: 3.1mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg,

Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 245.53kcal (12.28%), Fat: 6.35g (9.77%), Saturated Fat: 1.28g (8.03%), Carbohydrates: 47.09g (15.7%), Net Carbohydrates: 44.84g (16.3%), Sugar: 33.37g (37.08%), Cholesterol: 0mg (0%), Sodium: 142.8mg (6.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.74%), Manganese: 0.36mg (17.77%), Fiber: 2.26g (9.02%), Vitamin K: 8µg (7.62%), Vitamin B1: 0.11mg (7.26%), Selenium: 4.79µg (6.85%), Vitamin C: 5.55mg (6.73%), Vitamin A: 334.31IU (6.69%), Magnesium: 25.09mg (6.27%), Potassium: 218.5mg (6.24%), Iron: 0.93mg (5.18%), Folate: 19.88µg (4.97%), Phosphorus: 48.91mg (4.89%), Vitamin B2: 0.08mg (4.46%), Copper: 0.08mg (3.85%), Calcium: 33.51mg (3.35%), Vitamin B3: 0.66mg (3.28%), Vitamin E: 0.35mg (2.32%), Vitamin B6: 0.05mg (2.3%), Vitamin B5: 0.22mg (2.19%), Zinc: 0.28mg (1.89%)