



Cherry-Almond Crisp

 Vegetarian

READY IN



95 min.

SERVINGS



12

CALORIES



241 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 0.3 cup almonds sliced
- ☐ 0.5 cup brown sugar packed
- ☐ 1 cup cherries dried
- ☐ 0.8 cup flour all-purpose
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.7 cup granulated sugar
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 0.8 cup oats
- ☐ 0.5 teaspoon salt
- ☐ 2 pounds cherries sweet pitted
- ☐ 5 tablespoons butter unsalted melted
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup water boiling

Equipment

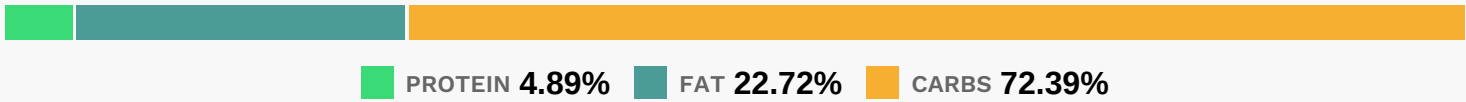
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Combine dried cherries and boiling water in a small bowl; cover and let stand for 30 minutes.
- ☐ Preheat oven to 37
- ☐ Combine dried cherries with soaking liquid, 2 pounds sweet cherries, and the next 4 ingredients (through cinnamon) in a large bowl; stir well.
- ☐ Let stand for 15 minutes.
- ☐ Pour the cherry mixture into a 13 x 9-inch glass or ceramic baking dish coated with cooking spray.
- ☐ Bake at 375 for 40 minutes or until thick and bubbly.
- ☐ While cherry mixture bakes, weigh or lightly spoon 4 ounces flour into dry measuring cups, and level with a knife.
- ☐ Combine flour, oats, brown sugar, almonds, and salt in a medium bowl, and stir well.
- ☐ Combine butter and almond extract in a small bowl, and drizzle over oat mixture, stirring until moist clumps form.
- ☐ Remove cherry mixture from oven, and sprinkle evenly with the streusel topping.
- ☐ Bake an additional 20 minutes or until streusel is golden brown.

Let stand for 5 minutes; serve warm.

Nutrition Facts



Properties

Glycemic Index:26.59, Glycemic Load:16.95, Inflammation Score:-4, Nutrition Score:5.4230434266121%

Flavonoids

Cyanidin: 26.36mg, Cyanidin: 26.36mg, Cyanidin: 26.36mg, Cyanidin: 26.36mg Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg Peonidin: 1.31mg, Peonidin: 1.31mg, Peonidin: 1.31mg, Peonidin: 1.31mg Catechin: 3.82mg, Catechin: 3.82mg, Catechin: 3.82mg, Catechin: 3.82mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 4.37mg, Epicatechin: 4.37mg, Epicatechin: 4.37mg, Epicatechin: 4.37mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 241.18kcal (12.06%), Fat: 6.32g (9.73%), Saturated Fat: 3.17g (19.84%), Carbohydrates: 45.32g (15.11%), Net Carbohydrates: 42.46g (15.44%), Sugar: 31.35g (34.83%), Cholesterol: 12.54mg (4.18%), Sodium: 101.76mg (4.42%), Alcohol: 0.14g (100%), Alcohol %: 0.12% (100%), Protein: 3.06g (6.12%), Manganese: 0.37mg (18.49%), Fiber: 2.86g (11.46%), Vitamin B1: 0.13mg (8.48%), Vitamin C: 6.1mg (7.39%), Selenium: 5.06µg (7.23%), Potassium: 250.75mg (7.16%), Vitamin B2: 0.11mg (6.52%), Magnesium: 25.1mg (6.27%), Iron: 1.13mg (6.26%), Phosphorus: 60.57mg (6.06%), Folate: 23.95µg (5.99%), Copper: 0.12mg (5.77%), Vitamin E: 0.71mg (4.77%), Vitamin B3: 0.85mg (4.24%), Vitamin A: 201.66IU (4.03%), Calcium: 30.8mg (3.08%), Vitamin B5: 0.3mg (3%), Vitamin B6: 0.06mg (2.94%), Zinc: 0.39mg (2.57%), Vitamin K: 2.38µg (2.27%)