



Cherry-Blackberry Crumble



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



425 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 12 ounce blackberries frozen thawed
- ☐ 5 tablespoons brown sugar divided
- ☐ 3 tablespoons canola oil
- ☐ 2 tablespoons cornstarch
- ☐ 24 ounce bing cherries frozen thawed pitted
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind finely grated

- ☐ 0.5 cup oats
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup pastry flour whole wheat

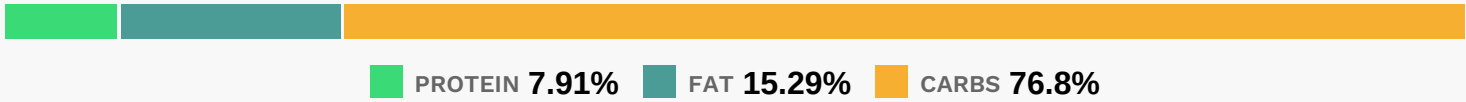
Equipment

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

Directions

- ☐ Preheat oven to 37
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, oats, 2 tablespoons sugar, sliced almonds, and oil in a small bowl, stirring until blended.
- ☐ Combine remaining 3 tablespoons sugar, cornstarch, and remaining ingredients except cooking spray in a large bowl. Toss gently to combine. Spoon fruit mixture into an 8-inch square baking dish coated with cooking spray.
- ☐ Sprinkle with oat mixture.
- ☐ Bake at 375 for 35 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:9.38, Glycemic Load:1.65, Inflammation Score:-9, Nutrition Score:11.461739104727%

Flavonoids

Cyanidin: 42.57mg, Cyanidin: 42.57mg, Cyanidin: 42.57mg, Cyanidin: 42.57mg Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg

Peonidin: 0.09mg Catechin: 15.8mg, Catechin: 15.8mg, Catechin: 15.8mg, Catechin: 15.8mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 424.59kcal (21.23%), Fat: 7.35g (11.31%), Saturated Fat: 0.58g (3.63%), Carbohydrates: 83.1g (27.7%), Net Carbohydrates: 71.4g (25.96%), Sugar: 53.63g (59.59%), Cholesterol: 0mg (0%), Sodium: 53.11mg (2.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.56g (17.11%), Vitamin A: 3110.88IU (62.22%), Fiber: 11.7g (46.8%), Manganese: 0.73mg (36.69%), Vitamin E: 2.21mg (14.75%), Iron: 2.21mg (12.27%), Vitamin C: 9.82mg (11.9%), Vitamin K: 12.36µg (11.77%), Calcium: 107.51mg (10.75%), Magnesium: 30.98mg (7.74%), Copper: 0.15mg (7.25%), Selenium: 4.99µg (7.13%), Phosphorus: 62.54mg (6.25%), Zinc: 0.63mg (4.23%), Vitamin B1: 0.06mg (4.22%), Folate: 16.18µg (4.05%), Potassium: 138.63mg (3.96%), Vitamin B2: 0.06mg (3.55%), Vitamin B3: 0.69mg (3.47%), Vitamin B5: 0.23mg (2.31%), Vitamin B6: 0.05mg (2.31%)