



Cherry Crisp

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



318 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 0.3 cup almonds sliced
- ☐ 6 tablespoons butter chilled cut into small pieces
- ☐ 0.3 cup cornstarch
- ☐ 2.3 ounces flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup brown sugar light packed

- ☐ 0.5 cup oats
- ☐ 0.1 teaspoon salt
- ☐ 2 pounds cherries sweet pitted

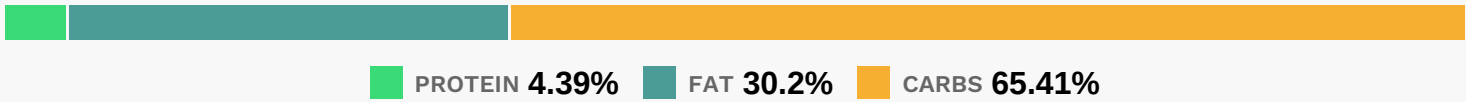
Equipment

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

Directions

- ☐ Preheat oven to 37
- ☐ To prepare the filling, combine cherries, 1/3 cup granulated sugar, cornstarch, juice, almond extract, and salt in a large bowl; toss gently. Spoon cherry mixture into an 11 x 7inch baking dish coated with cooking spray.
- ☐ To prepare topping, lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, oats, brown sugar, and 1/8 teaspoon salt in a medium bowl, stirring with a whisk.
- ☐ Cut in chilled butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in sliced almonds.
- ☐ Sprinkle oat mixture evenly over cherry mixture.
- ☐ Bake at 375 for 45 minutes or until filling is bubbly and topping is crisp.
- ☐ Let stand 5 minutes; serve warm.

Nutrition Facts



Properties

Glycemic Index:33.39, Glycemic Load:14.89, Inflammation Score:-5, Nutrition Score:6.6339130842167%

Flavonoids

Cyanidin: 34.35mg, Cyanidin: 34.35mg, Cyanidin: 34.35mg, Cyanidin: 34.35mg Pelargonidin: 0.31mg, Pelargonidin: 0.31mg, Pelargonidin: 0.31mg, Pelargonidin: 0.31mg Peonidin: 1.7mg, Peonidin: 1.7mg, Peonidin: 1.7mg, Peonidin: 1.7mg Catechin: 4.99mg, Catechin: 4.99mg, Catechin: 4.99mg, Catechin: 4.99mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 5.69mg, Epicatechin: 5.69mg, Epicatechin: 5.69mg, Epicatechin: 5.69mg Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg Eriodictyol: 0.1mg, 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: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 317.5kcal (15.87%), Fat: 11.1g (17.07%), Saturated Fat: 5.66g (35.35%), Carbohydrates: 54.08g (18.03%), Net Carbohydrates: 50.45g (18.34%), Sugar: 36.48g (40.53%), Cholesterol: 22.58mg (7.53%), Sodium: 108.68mg (4.73%), Alcohol: 0.04g (100%), Alcohol %: 0.03% (100%), Protein: 3.63g (7.26%), Manganese: 0.42mg (20.86%), Fiber: 3.63g (14.52%), Vitamin C: 8.66mg (10.5%), Potassium: 329.94mg (9.43%), Vitamin E: 1.33mg (8.89%), Vitamin B1: 0.13mg (8.36%), Magnesium: 33.27mg (8.32%), Vitamin B2: 0.13mg (7.88%), Phosphorus: 75.39mg (7.54%), Copper: 0.15mg (7.41%), Iron: 1.26mg (7%), Selenium: 4.76µg (6.8%), Vitamin A: 335.12IU (6.7%), Folate: 23.26µg (5.82%), Calcium: 43.13mg (4.31%), Vitamin B3: 0.86mg (4.31%), Vitamin B6: 0.08mg (3.81%), Vitamin B5: 0.37mg (3.68%), Vitamin K: 3.24µg (3.09%), Zinc: 0.46mg (3.05%)