



Cherry Crisp

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



400 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almonds toasted sliced ()
- ☐ 1 tablespoon amaretto
- ☐ 0.7 cup brown sugar
- ☐ 0.3 cup butter melted ()
- ☐ 6 cups cherries pitted ()
- ☐ 1 tablespoon cornstarch
- ☐ 0.7 cup rolled oats
- ☐ 2 tablespoons sugar

☐ 0.7 cup flour whole wheat

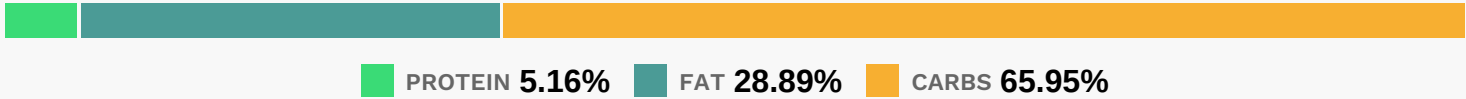
Equipment

- ☐ bowl
- ☐ oven
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Toss the cherries with the cornstarch, sugar and amaretto.
- ☐ Mix the flour, rolled oats, almonds, brown sugar and butter in a large bowl.
- ☐ Place the cherries into an 8x8 inch baking dish (or 6 ramekins) and pour the topping on.
- ☐ Bake in a preheated 350F oven until it is bubbling and the top is golden brown, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:32.02, Glycemic Load:9.13, Inflammation Score:-6, Nutrition Score:10.498260845309%

Flavonoids

Cyanidin: 41.78mg, Cyanidin: 41.78mg, Cyanidin: 41.78mg, Cyanidin: 41.78mg Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg Peonidin: 2.07mg, Peonidin: 2.07mg, Peonidin: 2.07mg, Peonidin: 2.07mg Catechin: 6.07mg, Catechin: 6.07mg, Catechin: 6.07mg, Catechin: 6.07mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 6.92mg, Epicatechin: 6.92mg, Epicatechin: 6.92mg, Epicatechin: 6.92mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 400.1kcal (20.01%), Fat: 13.36g (20.55%), Saturated Fat: 6.84g (42.75%), Carbohydrates: 68.6g (22.87%), Net Carbohydrates: 62.87g (22.86%), Sugar: 46.49g (51.66%), Cholesterol: 27.11mg (9.04%), Sodium: 89.14mg (3.88%), Alcohol: 0.65g (100%), Alcohol %: 0.39% (100%), Protein: 5.37g (10.74%), Manganese: 1.07mg (53.52%), Fiber: 5.73g (22.9%), Selenium: 11.49µg (16.41%), Magnesium: 58.8mg (14.7%), Phosphorus: 136.28mg (13.63%), Potassium: 451.88mg (12.91%), Vitamin C: 9.66mg (11.71%), Copper: 0.23mg (11.28%), Vitamin B1: 0.15mg (10.28%), Vitamin E: 1.5mg (10.02%), Iron: 1.69mg (9.38%), Vitamin A: 404.71IU (8.09%), Vitamin B2: 0.13mg (7.68%), Vitamin B6: 0.15mg (7.33%), Calcium: 60.88mg (6.09%), Zinc: 0.91mg (6.08%), Vitamin B3: 1.15mg (5.74%), Vitamin B5: 0.52mg (5.2%), Folate: 16.58µg (4.14%), Vitamin K: 4.21µg (4.01%)