



Cherry Crumble

READY IN

ready

135 min.

SERVINGS

servings

8

CALORIES

calories

516 kcal

DESSERT

Ingredients

- ☐ 0.5 cup baking mix all-purpose (recommended: Bisquick)
- ☐ 0.3 cup cherry brandy
- ☐ 2 tablespoons butter melted
- ☐ 16 ounce cherries frozen (recommended: C and W)
- ☐ 6 ounce cherries dried (recommended: Mariani)
- ☐ 10 ginger snaps crushed (recommended: Archway)
- ☐ 0.8 cup lowfat granola (recommended: Quaker 100 percent Natural)
- ☐ 3 tablespoons cooking tapioca quick (recommended: Minute)
- ☐ 1 cup sugar

- ☐ 8 servings whipped cream for serving
- ☐ 0.8 cup water

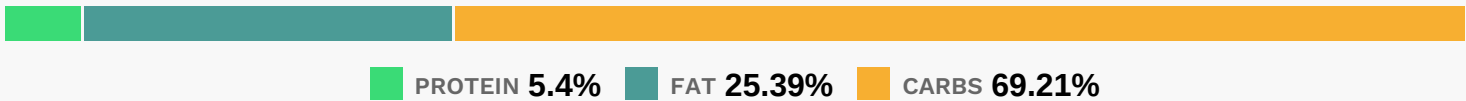
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ aluminum foil
- ☐ slow cooker

Directions

- ☐ In large saucepan combine frozen cherries, dried cherries, sugar, cherry brandy, water, and tapioca. Bring to a boil.
- ☐ Pour mixture into slow cooker. Cover and cook on high for 1 to 1 1/2 hours.
- ☐ minutes before fruit is ready, preheat oven to 350 degrees F. Line a baking sheet with aluminum foil; set aside.
- ☐ In a medium mixing bowl, combine all-purpose baking mix, granola, ginger snaps and melted butter.
- ☐ Spread evenly on prepared baking sheet and bake in preheated oven for 12 to 18 minutes or until crisp and golden.
- ☐ Serve by spooning fruit into serving dish and sprinkling with crumble topping. Top each serving with a scoop of your favorite vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:27.26, Glycemic Load:28.41, Inflammation Score:-7, Nutrition Score:9.1886956328931%

Flavonoids

Cyanidin: 17.13mg, Cyanidin: 17.13mg, Cyanidin: 17.13mg, Cyanidin: 17.13mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.85mg, Peonidin: 0.85mg, Peonidin: 0.85mg, Peonidin: 0.85mg Catechin: 2.47mg, Catechin: 2.47mg, Catechin: 2.47mg, Catechin: 2.47mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg 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: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 516.15kcal (25.81%), Fat: 14.37g (22.1%), Saturated Fat: 7.07g (44.17%), Carbohydrates: 88.11g (29.37%), Net Carbohydrates: 83.51g (30.37%), Sugar: 62.16g (69.07%), Cholesterol: 36.72mg (12.24%), Sodium: 228.18mg (9.92%), Alcohol: 2.51g (100%), Alcohol %: 1.35% (100%), Protein: 6.88g (13.76%), Manganese: 0.52mg (25.77%), Vitamin A: 1156.89IU (23.14%), Fiber: 4.6g (18.39%), Phosphorus: 167.11mg (16.71%), Vitamin B2: 0.26mg (15.43%), Calcium: 142.74mg (14.27%), Iron: 1.89mg (10.5%), Potassium: 345.58mg (9.87%), Vitamin B1: 0.14mg (9.27%), Magnesium: 32.34mg (8.08%), Vitamin B5: 0.66mg (6.65%), Folate: 26.55µg (6.64%), Copper: 0.13mg (6.37%), Selenium: 4.36µg (6.23%), Vitamin E: 0.85mg (5.69%), Zinc: 0.83mg (5.52%), Vitamin C: 4.4mg (5.33%), Vitamin B12: 0.3µg (5.01%), Vitamin B3: 0.9mg (4.5%), Vitamin B6: 0.09mg (4.38%), Vitamin K: 2.84µg (2.71%)