



Cherry-Vanilla Crisp

 Vegetarian

READY IN



90 min.

SERVINGS



6

CALORIES



349 kcal

DESSERT

Ingredients

- 0.3 cup almonds sliced
- 6 cups cherries frozen thawed pitted (if)
- 2 tablespoons rum dark
- 0.3 cup flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.7 cup rolled oats
- 1 pinch salt
- 0.8 cup sugar

- 4 tablespoons butter unsalted melted plus more for the baking dish
- 2 teaspoons vanilla extract

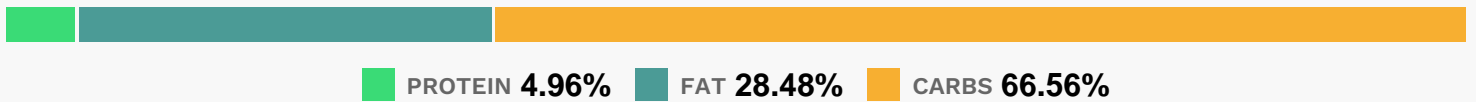
Equipment

- bowl
- oven
- whisk
- baking pan

Directions

- Preheat the oven to 350 degrees F. Butter a 9-inch-square baking dish.
- Toss the cherries in a large bowl with 1/2 cup sugar, the rum, vanilla, cinnamon, salt and 2 tablespoons flour.
- Transfer to the prepared baking dish.
- Whisk the remaining 1/4 cup flour, the oats, almonds and the remaining 1/4 cup sugar in a medium bowl. Stir in the melted butter until combined, then sprinkle the mixture over the cherries.
- Bake until the filling is bubbling and the topping is golden brown, 50 minutes to 1 hour.
- Let cool slightly before serving.
- Photograph by Kana Okada

Nutrition Facts



Properties

Glycemic Index:39.52, Glycemic Load:26.67, Inflammation Score:-5, Nutrition Score:7.9382609051207%

Flavonoids

Cyanidin: 41.82mg, Cyanidin: 41.82mg, Cyanidin: 41.82mg, Cyanidin: 41.82mg 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: 6.08mg, Catechin: 6.08mg, Catechin: 6.08mg, Catechin: 6.08mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg Epicatechin: 6.93mg,

Epicatechin: 6.93mg, Epicatechin: 6.93mg, Epicatechin: 6.93mg 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 Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg 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: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 348.61kcal (17.43%), Fat: 11.12g (17.1%), Saturated Fat: 5.15g (32.19%), Carbohydrates: 58.47g (19.49%), Net Carbohydrates: 53.79g (19.56%), Sugar: 43.12g (47.91%), Cholesterol: 20.07mg (6.69%), Sodium: 8.62mg (0.37%), Alcohol: 2.13g (100%), Alcohol %: 1.36% (100%), Protein: 4.36g (8.72%), Manganese: 0.61mg (30.52%), Fiber: 4.68g (18.7%), Vitamin C: 9.67mg (11.72%), Vitamin E: 1.67mg (11.11%), Potassium: 387.54mg (11.07%), Magnesium: 43.01mg (10.75%), Phosphorus: 98.75mg (9.88%), Copper: 0.18mg (9.2%), Vitamin B2: 0.15mg (9%), Vitamin B1: 0.13mg (8.73%), Iron: 1.34mg (7.46%), Selenium: 4.83µg (6.9%), Vitamin A: 322.1IU (6.44%), Folate: 20.47µg (5.12%), Vitamin B5: 0.43mg (4.34%), Vitamin B6: 0.09mg (4.34%), Zinc: 0.64mg (4.25%), Calcium: 41.47mg (4.15%), Vitamin B3: 0.82mg (4.09%), Vitamin K: 3.8µg (3.62%)