



Chocolate Fudge-Raspberry Crisp

READY IN



70 min.

SERVINGS



9

CALORIES



285 kcal

DESSERT

Ingredients

- ☐ 21 oz peach pie filling canned
- ☐ 2 cups raspberries fresh thawed ()
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup flour whole wheat
- ☐ 0.5 cup oats
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 0.3 cup butter cut into pieces
- ☐ 0.3 cup semisweet chocolate chips miniature
- ☐ 1 serving vanilla ice cream reduced-fat

Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. In ungreased 8-inch square (2-quart) glass baking dish, gently stir together pie filling and raspberries.
- ☐ In medium bowl, mix brown sugar, flour, oats and cocoa.
- ☐ Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture looks like coarse crumbs. Stir in chocolate chips.
- ☐ Sprinkle over raspberry mixture.
- ☐ Bake 40 to 50 minutes or until juices bubble. Cool 15 minutes.
- ☐ Serve warm topped with ice cream.

Nutrition Facts



Properties

Glycemic Index:11.33, Glycemic Load:2.3, Inflammation Score:-5, Nutrition Score:7.87869563553%

Flavonoids

Cyanidin: 12.21mg, Cyanidin: 12.21mg, Cyanidin: 12.21mg, Cyanidin: 12.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.9mg, Catechin: 1.9mg, Catechin: 1.9mg, Catechin: 1.9mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.52mg,

Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 285.35kcal (14.27%), Fat: 10.72g (16.49%), Saturated Fat: 3.38g (21.1%), Carbohydrates: 47.67g (15.89%), Net Carbohydrates: 42.67g (15.52%), Sugar: 26.56g (29.51%), Cholesterol: 2.67mg (0.89%), Sodium: 121.87mg (5.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 11.15mg (3.72%), Protein: 3.23g (6.45%), Manganese: 0.82mg (40.91%), Fiber: 5g (19.99%), Copper: 0.29mg (14.25%), Magnesium: 48.56mg (12.14%), Phosphorus: 100.37mg (10.04%), Vitamin C: 8.23mg (9.97%), Selenium: 6.88µg (9.83%), Iron: 1.66mg (9.21%), Vitamin A: 367.13IU (7.34%), Potassium: 221.46mg (6.33%), Zinc: 0.88mg (5.85%), Vitamin B1: 0.08mg (5.33%), Calcium: 47.32mg (4.73%), Vitamin E: 0.64mg (4.24%), Vitamin B2: 0.07mg (4.06%), Vitamin B6: 0.07mg (3.58%), Vitamin B3: 0.7mg (3.49%), Vitamin K: 3.19µg (3.04%), Vitamin B5: 0.3mg (2.96%), Folate: 11.45µg (2.86%)