



## Cranberry-Cherry Crumble

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



245 kcal

DESSERT

### Ingredients

- 0.1 teaspoon almond extract
- 0.3 cup brown sugar packed
- 2 tablespoons butter chilled cut into small pieces
- 3 cups cherries dark sweet frozen thawed pitted
- 1.5 teaspoons cornstarch
- 3 cups cranberries fresh thawed
- 0.3 cup cherries dried chopped
- 0.3 cup cranberries dried chopped

- 1 tablespoon flour all-purpose
- 0.8 cup granulated sugar
- 0.1 teaspoon ground cinnamon
- 0.1 teaspoon nutmeg
- 0.3 cup oats
- 0.3 teaspoon salt
- 0.3 cup slivered almonds chopped
- 1.1 ounces flour whole wheat

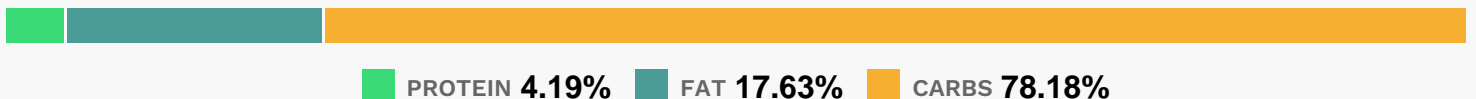
## Equipment

- bowl
- oven
- blender
- baking pan

## Directions

- Preheat oven to 37
- Combine first 7 ingredients in a large bowl, tossing gently to coat fruit. Spoon cranberry mixture into an 8-inch square baking dish coated with cooking spray.
- Combine almonds and the next 7 ingredients (through extract) in a medium bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- Sprinkle oat mixture evenly over cranberry mixture.
- Bake at 375 for 45 minutes or until filling is bubbly and topping is golden.

## Nutrition Facts



## Properties

Glycemic Index:48.39, Glycemic Load:17.23, Inflammation Score:-4, Nutrition Score:5.8882608663129%

## Flavonoids

Cyanidin: 33.15mg, Cyanidin: 33.15mg, Cyanidin: 33.15mg, Cyanidin: 33.15mg Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg Peonidin: 19.21mg, Peonidin: 19.21mg, Peonidin: 19.21mg, Peonidin: 19.21mg Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg Epicatechin: 4.25mg, Epicatechin: 4.25mg, Epicatechin: 4.25mg, Epicatechin: 4.25mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 2.6mg, Myricetin: 2.6mg, Myricetin: 2.6mg, Myricetin: 2.6mg Quercetin: 6.93mg, Quercetin: 6.93mg, Quercetin: 6.93mg, Quercetin: 6.93mg

## Nutrients (% of daily need)

Calories: 244.93kcal (12.25%), Fat: 5.06g (7.79%), Saturated Fat: 2.01g (12.55%), Carbohydrates: 50.52g (16.84%), Net Carbohydrates: 46.37g (16.86%), Sugar: 38.53g (42.81%), Cholesterol: 7.53mg (2.51%), Sodium: 99.17mg (4.31%), Alcohol: 0.02g (100%), Alcohol %: 0.02% (100%), Protein: 2.71g (5.42%), Manganese: 0.53mg (26.55%), Fiber: 4.15g (16.6%), Vitamin C: 8.88mg (10.77%), Vitamin E: 1.6mg (10.64%), Magnesium: 27.16mg (6.79%), Copper: 0.12mg (6.1%), Potassium: 206.85mg (5.91%), Phosphorus: 58.42mg (5.84%), Selenium: 3.95µg (5.65%), Vitamin A: 278.07IU (5.56%), Vitamin B2: 0.08mg (4.95%), Iron: 0.83mg (4.63%), Vitamin B1: 0.07mg (4.35%), Vitamin B6: 0.08mg (3.75%), Vitamin K: 3.63µg (3.46%), Calcium: 32.53mg (3.25%), Vitamin B5: 0.31mg (3.07%), Vitamin B3: 0.55mg (2.76%), Zinc: 0.39mg (2.6%), Folate: 8.41µg (2.1%)