



Cranberry-Chocolate Crumble

READY IN



45 min.

SERVINGS



6

CALORIES



308 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 12 ounce cranberries fresh thawed
- ☐ 0.5 cup flour all-purpose
- ☐ 3 tablespoons butter melted
- ☐ 2 tablespoons milk chocolate chips
- ☐ 0.3 cup oats
- ☐ 0.3 cup raspberry jam seedless
- ☐ 0.5 cup sugar
- ☐ 0.8 cup water

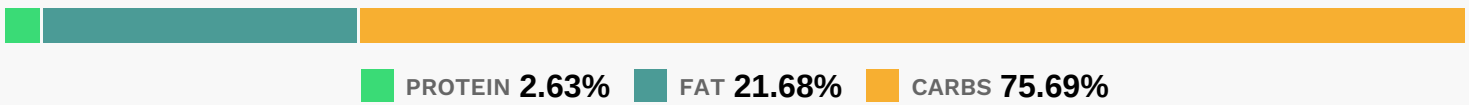
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Combine first 3 ingredients in a medium saucepan; bring to a boil. Reduce heat, and simmer for 10 minutes, stirring occasionally.
- ☐ Remove from heat; stir in the jam. Divide mixture evenly among 6 (6-ounce) custard cups coated with cooking spray, and sprinkle with chocolate chips.
- ☐ Combine flour, oats, brown sugar, and margarine; toss well.
- ☐ Sprinkle oat mixture evenly over cranberry mixture.
- ☐ Place cups on a baking sheet, and bake at 350 for 20 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:47.52, Glycemic Load:27.61, Inflammation Score:-4, Nutrition Score:5.343913000239%

Flavonoids

Cyanidin: 26.33mg, Cyanidin: 26.33mg, Cyanidin: 26.33mg, Cyanidin: 26.33mg Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 27.87mg, Peonidin: 27.87mg, Peonidin: 27.87mg, Peonidin: 27.87mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 2.48mg, Epicatechin: 2.48mg, Epicatechin: 2.48mg, Epicatechin: 2.48mg Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 3.76mg, Myricetin: 3.76mg, Myricetin: 3.76mg, Myricetin: 3.76mg Quercetin: 8.41mg, Quercetin: 8.41mg, Quercetin: 8.41mg, Quercetin: 8.41mg

Nutrients (% of daily need)

Calories: 307.91kcal (15.4%), Fat: 7.6g (11.69%), Saturated Fat: 2.13g (13.34%), Carbohydrates: 59.69g (19.9%), Net Carbohydrates: 56.7g (20.62%), Sugar: 40.04g (44.49%), Cholesterol: 0mg (0%), Sodium: 77.88mg (3.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.15%), Manganese: 0.45mg (22.64%), Fiber: 2.99g (11.94%), Vitamin C: 9.61mg (11.65%), Selenium: 5.48µg (7.83%), Vitamin B1: 0.11mg (7.53%), Vitamin E: 1.01mg (6.76%), Folate: 23.31µg (5.83%), Vitamin A: 284.41IU (5.69%), Iron: 0.97mg (5.4%), Vitamin B2: 0.09mg (5.29%), Copper: 0.09mg (4.67%), Phosphorus: 41.52mg (4.15%), Vitamin B3: 0.74mg (3.71%), Magnesium: 14mg (3.5%), Potassium: 117.11mg (3.35%), Vitamin B5: 0.29mg (2.85%), Vitamin K: 2.96µg (2.82%), Calcium: 26.55mg (2.66%), Vitamin B6: 0.05mg (2.48%), Zinc: 0.31mg (2.04%)