



Cranberry Crunch

READY IN



70 min.

SERVINGS



10

CALORIES



310 kcal

SIDE DISH

Ingredients

- 0.7 cup brown sugar packed
- 1 tablespoon cornstarch
- 12 ounce cranberries fresh
- 0.5 cup flour all-purpose
- 0.8 cup granulated sugar
- 1 cup old-fashioned rolled oats
- 0.3 cup raisins
- 0.3 cup butter unsalted cut into small pieces
- 1 teaspoon vanilla extract

2.5 cups vanilla bean ice cream reduced-fat

0.8 cup water

Equipment

bowl

frying pan

sauce pan

oven

knife

wire rack

blender

baking pan

measuring cup

Directions

Preheat oven to 35

To prepare topping, weigh or lightly spoon flour into a dry measuring cup; level with a knife.

Combine flour, oats, and brown sugar in a medium bowl.

Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Cover and chill until ready to use.

To prepare filling, combine cranberries and next 4 ingredients (through cornstarch) in a medium saucepan. Bring to a boil over medium-high heat, stirring constantly. Reduce heat; simmer 5 to 8 minutes or until cranberries pop.

Remove from heat. Stir in vanilla; pour mixture into an 8-inch square metal baking pan coated with cooking spray.

Sprinkle topping over cranberry filling.

Bake at 350 for 40 minutes or until bubbly and topping is browned. Cool at least 15 minutes in pan on a wire rack.

Serve with ice cream.

Nutrition Facts

PROTEIN 4.05% FAT 25.35% CARBS 70.6%

Properties

Glycemic Index:34.99, Glycemic Load:23.72, Inflammation Score:-4, Nutrition Score:5.9417390823364%

Flavonoids

Cyanidin: 15.8mg, Cyanidin: 15.8mg, Cyanidin: 15.8mg, Cyanidin: 15.8mg Delphinidin: 2.61mg, Delphinidin: 2.61mg, Delphinidin: 2.61mg, Delphinidin: 2.61mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 16.72mg, Peonidin: 16.72mg, Peonidin: 16.72mg, Peonidin: 16.72mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg Quercetin: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg

Nutrients (% of daily need)

Calories: 310.12kcal (15.51%), Fat: 8.94g (13.76%), Saturated Fat: 5.27g (32.92%), Carbohydrates: 56.03g (18.68%), Net Carbohydrates: 53.25g (19.37%), Sugar: 37.8g (42%), Cholesterol: 26.72mg (8.91%), Sodium: 34.92mg (1.52%), Alcohol: 0.14g (100%), Alcohol %: 0.12% (100%), Protein: 3.22g (6.43%), Manganese: 0.49mg (24.33%), Fiber: 2.78g (11.12%), Vitamin B2: 0.14mg (8.44%), Phosphorus: 84.09mg (8.41%), Selenium: 5.46µg (7.81%), Vitamin B1: 0.11mg (7.31%), Calcium: 65.75mg (6.57%), Vitamin C: 5.22mg (6.33%), Vitamin A: 301.16IU (6.02%), Magnesium: 22.36mg (5.59%), Iron: 0.98mg (5.47%), Potassium: 190.58mg (5.45%), Vitamin E: 0.72mg (4.78%), Copper: 0.09mg (4.72%), Vitamin B5: 0.44mg (4.38%), Zinc: 0.62mg (4.13%), Folate: 16.48µg (4.12%), Vitamin B6: 0.06mg (3.07%), Vitamin B3: 0.61mg (3.03%), Vitamin B12: 0.14µg (2.31%), Vitamin K: 2.38µg (2.26%), Vitamin D: 0.15µg (1.01%)