



Double-Berry Crisp

 Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



428 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix yellow
- ☐ 0.5 cup butter melted
- ☐ 0.5 cup nuts chopped
- ☐ 21 oz strawberry pie filling canned
- ☐ 21 oz blueberry filling canned
- ☐ 1 tablespoon juice of lemon
- ☐ 1 serving whipped cream

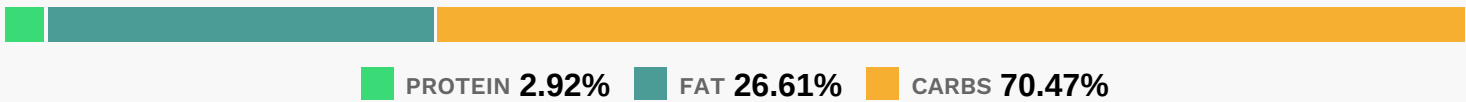
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). In large bowl, stir cake mix, butter and nuts until crumbly; set aside.
- ☐ In ungreased 13x9-inch pan, spoon pie fillings randomly, without mixing them together.
- ☐ Sprinkle lemon juice over fillings.
- ☐ Sprinkle cake mix mixture evenly over fruit.
- ☐ Bake 35 to 40 minutes or until golden brown.
- ☐ Serve warm with ice cream. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:7.56, Glycemic Load:1.06, Inflammation Score:-4, Nutrition Score:6.956087022048%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 427.85kcal (21.39%), Fat: 12.61g (19.39%), Saturated Fat: 3.07g (19.16%), Carbohydrates: 75.11g (25.04%), Net Carbohydrates: 72.14g (26.23%), Sugar: 49.1g (54.56%), Cholesterol: 2.42mg (0.81%), Sodium: 425.59mg (18.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.23%), Phosphorus: 173.66mg (17.37%), Manganese: 0.31mg (15.29%), Vitamin C: 11.41mg (13.83%), Calcium: 130.11mg (13.01%), Fiber: 2.97g (11.88%), Iron: 1.73mg (9.62%), Vitamin B2: 0.15mg (8.55%), Vitamin B1: 0.13mg (8.43%), Folate: 33.41µg (8.35%), Copper: 0.16mg (8.24%), Vitamin A: 373.37IU (7.47%), Vitamin B3: 1.33mg (6.67%), Magnesium: 23.9mg (5.97%), Vitamin E: 0.82mg (5.48%), Potassium: 129.33mg (3.7%), Vitamin B6: 0.07mg (3.47%), Vitamin B5: 0.32mg (3.16%), Vitamin K: 3.2µg (3.05%), Zinc: 0.43mg (2.88%), Selenium: 1.59µg (2.27%), Vitamin B12: 0.07µg (1.23%)