



Fiber One® Double-Berry Crisp

 Dairy Free

READY IN



65 min.

SERVINGS



9

CALORIES



184 kcal

DESSERT

Ingredients

- ☐ 0.3 cup sugar
- ☐ 0.3 cup flour all-purpose
- ☐ 20 oz blueberries frozen organic thaw cascadian farm® (do not)
- ☐ 10 oz raspberries frozen organic thaw cascadian farm® (do not)
- ☐ 1.5 cups corn flakes/bran flakes fiber honey clusters®
- ☐ 0.3 cup walnut pieces chopped
- ☐ 2 tablespoons brown sugar packed
- ☐ 2 tablespoons butter melted

☐ 1 serving whipped cream

Equipment

☐ food processor

☐ bowl

☐ oven

☐ ziploc bags

☐ rolling pin

☐ meat tenderizer

☐ glass baking pan

Directions

☐ Heat oven to 375°F. In large bowl, mix sugar and flour. Stir in frozen berries until coated.

☐ Spread in ungreased 8-inch square (2-quart) glass baking dish.

☐ Bake uncovered 25 minutes.

☐ Meanwhile, place cereal in resealable food-storage plastic bag; seal bag and slightly crush with rolling pin or meat mallet (or slightly crush in food processor). In medium bowl, mix cereal, walnuts, brown sugar and butter until blended.

☐ Stir fruit well.

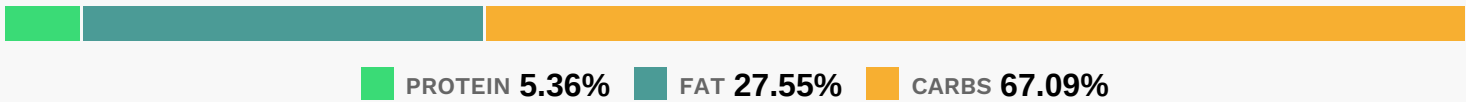
☐ Sprinkle cereal mixture evenly over top.

☐ Bake 20 to 25 minutes longer or until light golden brown and bubbly.

☐ Let stand 5 to 10 minutes before serving.

☐ Serve with ice cream.

Nutrition Facts



Properties

Glycemic Index:40.48, Glycemic Load:14.65, Inflammation Score:-6, Nutrition Score:9.9491303692693%

Flavonoids

Cyanidin: 19.84mg, Cyanidin: 19.84mg, Cyanidin: 19.84mg, Cyanidin: 19.84mg Petunidin: 19.96mg, Petunidin: 19.96mg, Petunidin: 19.96mg, Petunidin: 19.96mg Delphinidin: 22.74mg, Delphinidin: 22.74mg, Delphinidin: 22.74mg, Delphinidin: 22.74mg Malvidin: 42.62mg, Malvidin: 42.62mg, Malvidin: 42.62mg, Malvidin: 42.62mg Pelargonidin: 0.31mg, Pelargonidin: 0.31mg, Pelargonidin: 0.31mg, Pelargonidin: 0.31mg Peonidin: 12.82mg, Peonidin: 12.82mg, Peonidin: 12.82mg, Peonidin: 12.82mg Catechin: 3.75mg, Catechin: 3.75mg, Catechin: 3.75mg, Catechin: 3.75mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 1.5mg, Epicatechin: 1.5mg, Epicatechin: 1.5mg, Epicatechin: 1.5mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 184.25kcal (9.21%), Fat: 6.04g (9.29%), Saturated Fat: 1.27g (7.95%), Carbohydrates: 33.1g (11.03%), Net Carbohydrates: 27.95g (10.17%), Sugar: 20.54g (22.82%), Cholesterol: 3.23mg (1.08%), Sodium: 73.1mg (3.18%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 2.64g (5.29%), Manganese: 0.8mg (39.89%), Fiber: 5.14g (20.57%), Vitamin C: 14.46mg (17.52%), Folate: 64.83µg (16.21%), Iron: 2.55mg (14.14%), Vitamin K: 14.83µg (14.12%), Vitamin B1: 0.16mg (10.78%), Vitamin B2: 0.17mg (10.2%), Vitamin B6: 0.19mg (9.36%), Vitamin B3: 1.82mg (9.09%), Magnesium: 33.24mg (8.31%), Copper: 0.16mg (7.89%), Selenium: 5.17µg (7.39%), Vitamin A: 353.89IU (7.08%), Phosphorus: 70.15mg (7.01%), Vitamin B12: 0.37µg (6.08%), Vitamin E: 0.83mg (5.52%), Zinc: 0.74mg (4.96%), Potassium: 169.25mg (4.84%), Vitamin B5: 0.32mg (3.22%), Calcium: 30.9mg (3.09%), Vitamin D: 0.23µg (1.56%)