



Fig-Raspberry Crisp with Lavender-Honey Sour Cream

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



686 kcal

DESSERT

Ingredients

- ☐ 1.3 cups firmly brown sugar packed
- ☐ 3 tablespoons cornstarch
- ☐ 4 oz cream cheese at room temperature
- ☐ 2.5 lb figs very ripe rinsed trimmed cut in half lengthwise
- ☐ 1 cup vanilla-flavored granola
- ☐ 1 cup greek yogurt sour (see notes)
- ☐ 3 tablespoons honey

- ☐ 1 teaspoon lavender buds fresh chopped
- ☐ 1 cup raspberries black red rinsed
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup butter unsalted at room temperature
- ☐ 0.5 teaspoon vanilla
- ☐ 0.5 cup walnuts chopped

Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ wooden spoon
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375 (convection oven not recommended). In a large bowl, mix 1/4 cup brown sugar and the cornstarch. Gently mix in the figs and raspberries. Taste and, if needed, stir in up to 4 more tablespoons brown sugar.
- ☐ Pour into a shallow 2-quart baking dish.
- ☐ In another bowl, with a wooden spoon, mix 1 cup brown sugar, cream cheese, butter, and salt until well blended. Stir in granola and walnuts just to blend. Distribute topping over fig mixture, allowing some fruit to remain bare.
- ☐ Bake until top is browned and juices are bubbling near center, 40 to 45 minutes. (If topping is brown before juices bubble, cover crisp lightly with foil.)
- ☐ Let cool on a rack at least 15 minutes.
- ☐ Meanwhile, in a small bowl, mix sour cream, honey, lavender buds, and vanilla. Cover and chill.
- ☐ Spoon warm or cool crisp into bowls and top each serving with a generous dollop of lavender-honey sour cream.
- ☐ Wine pairing: Glasses of ruby Port perfectly complement this sweet fruit crisp.

Nutrition Facts



 **PROTEIN 5.73%**  **FAT 31.29%**  **CARBS 62.98%**

Properties

Glycemic Index:31.05, Glycemic Load:24, Inflammation Score:-7, Nutrition Score:16.093913003154%

Flavonoids

Cyanidin: 10.36mg, Cyanidin: 10.36mg, Cyanidin: 10.36mg, Cyanidin: 10.36mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 3.27mg, Catechin: 3.27mg, Catechin: 3.27mg, Catechin: 3.27mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 10.55mg, Quercetin: 10.55mg, Quercetin: 10.55mg, Quercetin: 10.55mg

Nutrients (% of daily need)

Calories: 685.97kcal (34.3%), Fat: 25.03g (38.5%), Saturated Fat: 9.88g (61.74%), Carbohydrates: 113.33g (37.78%), Net Carbohydrates: 104.78g (38.1%), Sugar: 91.02g (101.14%), Cholesterol: 41.09mg (13.7%), Sodium: 191.92mg (8.34%), Alcohol: 0.11g (100%), Alcohol %: 0.04% (100%), Protein: 10.31g (20.63%), Manganese: 1.3mg (65%), Fiber: 8.55g (34.19%), Potassium: 731.83mg (20.91%), Copper: 0.4mg (20.13%), Magnesium: 80.49mg (20.12%), Calcium: 196.47mg (19.65%), Phosphorus: 196.39mg (19.64%), Vitamin B6: 0.35mg (17.75%), Vitamin B2: 0.3mg (17.53%), Vitamin A: 770.95IU (15.42%), Vitamin B1: 0.23mg (15.22%), Selenium: 10.18µg (14.54%), Iron: 2.46mg (13.65%), Vitamin K: 12.66µg (12.06%), Vitamin C: 9.32mg (11.3%), Vitamin B5: 1.1mg (11%), Vitamin E: 1.62mg (10.79%), Zinc: 1.39mg (9.3%), Folate: 36.99µg (9.25%), Vitamin B3: 1.33mg (6.67%), Vitamin B12: 0.31µg (5.09%)