



## Fresh Berry Crisp

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



348 kcal

DESSERT

### Ingredients

- 3 cups strawberries fresh sliced
- 3 tablespoons cornstarch
- 2 tablespoons granulated sugar
- 2 cups blueberries fresh
- 2 cups raspberries fresh
- 0.7 cup brown sugar packed
- 0.5 cup flour whole wheat
- 0.5 cup oats

- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon salt
- 0.3 cup butter softened
- 1 serving whipped cream

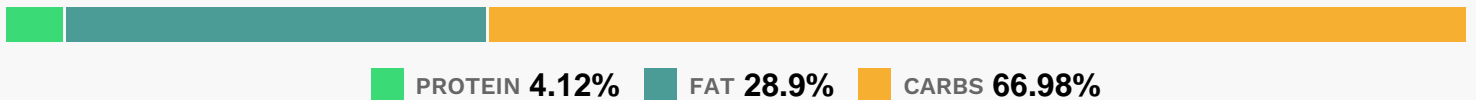
## Equipment

- bowl
- sauce pan
- oven
- blender
- glass baking pan

## Directions

- Heat oven to 350°F. In 2-quart saucepan, mash 2 cups of the strawberries; stir in cornstarch and granulated sugar. Cook over medium heat, stirring constantly, until mixture boils. Boil and stir 1 minute. Carefully stir in blueberries, raspberries and remaining strawberries.
- Pour berry mixture into ungreased 8-inch square (2-quart) glass baking dish or 9-inch pie plate.
- In small bowl, mix remaining ingredients except ice cream with pastry blender or fork until crumbly; sprinkle over berry mixture.
- Bake about 30 minutes or until topping is golden brown.
- Serve warm with ice cream.

## Nutrition Facts



## Properties

Glycemic Index:50.18, Glycemic Load:10.03, Inflammation Score:-7, Nutrition Score:13.967391222634%

## Flavonoids

Cyanidin: 23.69mg, Cyanidin: 23.69mg, Cyanidin: 23.69mg, Cyanidin: 23.69mg Petunidin: 15.76mg, Petunidin: 15.76mg, Petunidin: 15.76mg, Petunidin: 15.76mg Delphinidin: 18.23mg, Delphinidin: 18.23mg, Delphinidin: 18.23mg, Delphinidin: 18.23mg Malvidin: 33.4mg, Malvidin: 33.4mg, Malvidin: 33.4mg, Malvidin: 33.4mg Pelargonidin: 18.28mg, Pelargonidin: 18.28mg, Pelargonidin: 18.28mg, Pelargonidin: 18.28mg Peonidin: 10.09mg, Peonidin: 10.09mg, Peonidin: 10.09mg, Peonidin: 10.09mg Catechin: 5.37mg, Catechin: 5.37mg, Catechin: 5.37mg, Catechin: 5.37mg Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg Epicatechin: 2.02mg, Epicatechin: 2.02mg, Epicatechin: 2.02mg, Epicatechin: 2.02mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 5mg, Quercetin: 5mg, Quercetin: 5mg, Quercetin: 5mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

## Nutrients (% of daily need)

Calories: 348.21kcal (17.41%), Fat: 11.74g (18.07%), Saturated Fat: 2.4g (14.97%), Carbohydrates: 61.23g (20.41%), Net Carbohydrates: 54.18g (19.7%), Sugar: 38.13g (42.36%), Cholesterol: 0.76mg (0.25%), Sodium: 225.17mg (9.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.53%), Manganese: 1.46mg (72.81%), Vitamin C: 57.63mg (69.86%), Fiber: 7.05g (28.21%), Vitamin K: 14.7µg (14%), Magnesium: 55.97mg (13.99%), Selenium: 9.34µg (13.35%), Phosphorus: 106.84mg (10.68%), Vitamin A: 507.82IU (10.16%), Vitamin B1: 0.14mg (9.11%), Vitamin E: 1.36mg (9.05%), Copper: 0.18mg (8.96%), Folate: 35.61µg (8.9%), Iron: 1.59mg (8.85%), Potassium: 309.25mg (8.84%), Vitamin B6: 0.14mg (7.04%), Vitamin B3: 1.31mg (6.54%), Calcium: 57.99mg (5.8%), Zinc: 0.84mg (5.61%), Vitamin B2: 0.08mg (4.82%), Vitamin B5: 0.44mg (4.38%)