



Fresh Berry Crisp

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



361 kcal

DESSERT

Ingredients

- 2 cups blueberries fresh
- 0.7 cup brown sugar packed
- 0.3 cup butter softened
- 3 tablespoons cornstarch
- 0.5 cup flour whole wheat
- 2 tablespoons granulated sugar
- 0.5 teaspoon ground cinnamon
- 0.5 cup oats

- 2 cups raspberries fresh
- 0.3 teaspoon salt
- 3 cups strawberries fresh sliced
- 6 servings whipped cream

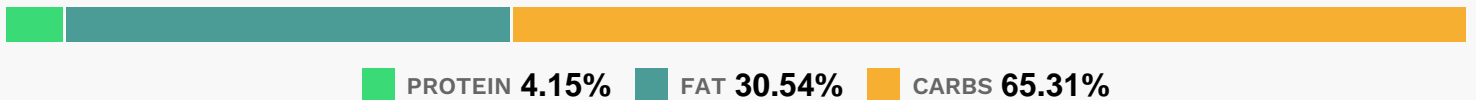
Equipment

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

Directions

- Heat oven to 350F. 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:10.37, Inflammation Score:-7, Nutrition Score:14.120869435694%

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: 361.06kcal (18.05%), Fat: 12.85g (19.78%), Saturated Fat: 3.09g (19.29%), Carbohydrates: 61.86g (20.62%), Net Carbohydrates: 54.81g (19.93%), Sugar: 38.53g (42.81%), Cholesterol: 4.56mg (1.52%), Sodium: 225.57mg (9.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.85%), Manganese: 1.46mg (72.81%), Vitamin C: 57.63mg (69.86%), Fiber: 7.05g (28.21%), Magnesium: 56.52mg (14.13%), Vitamin K: 14.8µg (14.09%), Selenium: 9.41µg (13.45%), Phosphorus: 111.29mg (11.13%), Vitamin A: 542.07IU (10.84%), Vitamin E: 1.39mg (9.26%), Vitamin B1: 0.14mg (9.24%), Potassium: 316.6mg (9.05%), Copper: 0.18mg (8.98%), Folate: 35.76µg (8.94%), Iron: 1.59mg (8.86%), Vitamin B6: 0.14mg (7.14%), Vitamin B3: 1.31mg (6.55%), Calcium: 63.04mg (6.3%), Zinc: 0.86mg (5.73%), Vitamin B2: 0.09mg (5.02%), Vitamin B5: 0.45mg (4.53%)