



Fresh Cherry and Plum Crisp

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



302 kcal

DESSERT

Ingredients

- 0.5 cup brown sugar packed
- 3 tablespoons butter cold
- 2 tablespoons flour all-purpose
- 2.3 ounces flour all-purpose
- 0.3 cup granulated sugar
- 0.3 teaspoon ground cinnamon
- 0.5 cup regular oats
- 2 pounds plums ripe chopped

- 0.1 teaspoon salt
- 0.3 teaspoon salt
- 0.3 cup slivered almonds
- 1.5 pounds cherries sweet pitted

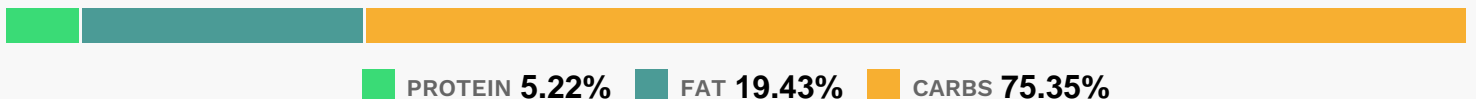
Equipment

- food processor
- bowl
- oven
- knife
- baking pan
- measuring cup

Directions

- Preheat oven to 40
- Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour, brown sugar, and almonds in a food processor; pulse 5 times or until blended.
- Add oats, butter, cinnamon, and 1/4 teaspoon salt; pulse 5 times or until mixture is crumbly. Set aside.
- Combine plums and remaining ingredients except cooking spray in a large bowl; toss well. Spoon plum mixture into a 13 x 9-inch baking dish coated with cooking spray.
- Sprinkle with oat mixture.
- Bake at 400 for 35 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:48.22, Glycemic Load:19.44, Inflammation Score:-6, Nutrition Score:8.6586956731651%

Flavonoids

Cyanidin: 32.16mg, Cyanidin: 32.16mg, Cyanidin: 32.16mg, Cyanidin: 32.16mg Pelargonidin: 0.23mg, Pelargonidin: 0.23mg, Pelargonidin: 0.23mg, Pelargonidin: 0.23mg Peonidin: 1.63mg, Peonidin: 1.63mg, Peonidin: 1.63mg, Peonidin: 1.63mg Catechin: 7.03mg, Catechin: 7.03mg, Catechin: 7.03mg, Catechin: 7.03mg Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg Epicatechin: 7.9mg, Epicatechin: 7.9mg, Epicatechin: 7.9mg, Epicatechin: 7.9mg Epicatechin 3-gallate: 0.9mg, Epicatechin 3-gallate: 0.9mg, Epicatechin 3-gallate: 0.9mg, Epicatechin 3-gallate: 0.9mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 302.47kcal (15.12%), Fat: 6.88g (10.59%), Saturated Fat: 2.95g (18.44%), Carbohydrates: 60.05g (20.02%), Net Carbohydrates: 55.45g (20.16%), Sugar: 44.02g (48.91%), Cholesterol: 11.29mg (3.76%), Sodium: 147.24mg (6.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.32%), Manganese: 0.47mg (23.35%), Vitamin C: 16.73mg (20.28%), Fiber: 4.61g (18.43%), Potassium: 440.47mg (12.58%), Vitamin A: 577.07IU (11.54%), Vitamin B1: 0.16mg (10.84%), Copper: 0.19mg (9.59%), Magnesium: 36.95mg (9.24%), Vitamin B2: 0.16mg (9.17%), Vitamin E: 1.37mg (9.13%), Vitamin K: 9.56µg (9.11%), Phosphorus: 85.5mg (8.55%), Iron: 1.41mg (7.81%), Folate: 30.5µg (7.62%), Selenium: 5.21µg (7.44%), Vitamin B3: 1.38mg (6.91%), Vitamin B6: 0.09mg (4.72%), Vitamin B5: 0.46mg (4.62%), Calcium: 44.5mg (4.45%), Zinc: 0.54mg (3.62%)