



## Fresh Cherry Crisp

READY IN



60 min.

SERVINGS



15

CALORIES



337 kcal

DESSERT

### Ingredients

- 1 cup brown sugar
- 0.5 cup butter
- 4 cups cherries sour pitted
- 1.5 cups flour all-purpose
- 1 cup old-fashioned oats
- 0.5 cup shortening
- 1.5 cups sugar white

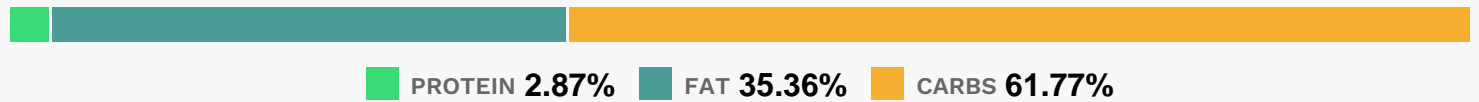
### Equipment

- bowl
- oven
- baking pan

## Directions

- Preheat oven to 375 degrees F (190 degrees C).
- In a large bowl, combine cherries, 1 1/2 cups white sugar, and 4 tablespoons flour.
- Pour into 9x13 inch baking dish. In a medium bowl, combine 1 1/2 cups flour, oats, and brown sugar.
- Cut in butter and shortening until crumbly.
- Sprinkle over cherries.
- Bake in preheated oven for 45 to 50 minutes, or until topping is golden brown.

## Nutrition Facts



## Properties

Glycemic Index:17.14, Glycemic Load:23.24, Inflammation Score:-3, Nutrition Score:4.5191304145948%

## Flavonoids

Cyanidin: 11.12mg, Cyanidin: 11.12mg, Cyanidin: 11.12mg, Cyanidin: 11.12mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.55mg, Peonidin: 0.55mg, Peonidin: 0.55mg, Peonidin: 0.55mg Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 1.84mg, Epicatechin: 1.84mg, Epicatechin: 1.84mg, Epicatechin: 1.84mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

## Nutrients (% of daily need)

Calories: 336.56kcal (16.83%), Fat: 13.58g (20.9%), Saturated Fat: 5.69g (35.57%), Carbohydrates: 53.4g (17.8%), Net Carbohydrates: 51.74g (18.82%), Sugar: 38.99g (43.32%), Cholesterol: 16.27mg (5.42%), Sodium: 53.81mg (2.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.95%), Manganese: 0.32mg (15.87%), Vitamin B1: 0.13mg (8.98%), Selenium: 6.17µg (8.82%), Fiber: 1.66g (6.62%), Folate: 26.45µg (6.61%), Iron: 1.06mg (5.9%),

Vitamin B2: 0.09mg (5.21%), Vitamin K: 5.08µg (4.84%), Phosphorus: 45.79mg (4.58%), Vitamin B3: 0.87mg (4.37%), Vitamin E: 0.65mg (4.34%), Vitamin A: 212.64IU (4.25%), Magnesium: 15.73mg (3.93%), Potassium: 136.36mg (3.9%), Copper: 0.07mg (3.48%), Vitamin C: 2.58mg (3.12%), Vitamin B5: 0.26mg (2.63%), Calcium: 23.73mg (2.37%), Zinc: 0.32mg (2.15%), Vitamin B6: 0.04mg (1.76%)