



Fruit Crisp

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



172 kcal

DESSERT

Ingredients

- ☐ 0.3 cup flour all-purpose
- ☐ 1 teaspoon lemon zest (from)
- ☐ 0.3 cup brown sugar light packed
- ☐ 0.3 cup oats
- ☐ 1 pinch salt
- ☐ 0.5 cup sugar
- ☐ 4 tablespoons butter unsalted cold cut into small pieces ()
- ☐ 0.3 cup walnut pieces chopped

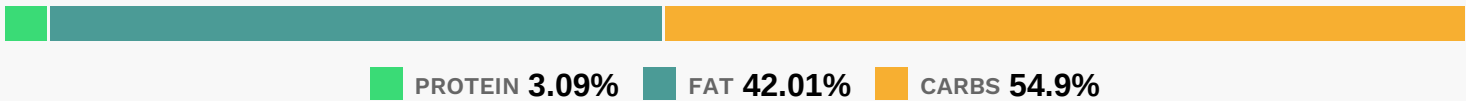
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ ramekin

Directions

- ☐ Preheat the oven to 350°F.
- ☐ Place six ramekins on a baking sheet and set aside.
- ☐ In a large bowl, gently toss together the fruit, sugar, and lemon zest and let rest for 5 minutes.
- ☐ In a medium bowl, combine the flour, oats, salt, brown sugar, walnuts, and butter. Using your hands or a spoon, gently toss to blend the ingredients and then rub the mixture together to work the butter into walnut-size lumps.
- ☐ Divide the fruit between the ramekins, gently packing it down. Divide the oat and walnut streusel topping between the ramekins, packing a hearty mound on top of each.
- ☐ Bake the fruit crisps until the streusel is golden brown, 18 to 20 minutes.
- ☐ Let rest 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:28.76, Glycemic Load:11.9, Inflammation Score:-2, Nutrition Score:2.4286956301202%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

Nutrients (% of daily need)

Calories: 172.09kcal (8.6%), Fat: 8.31g (12.79%), Saturated Fat: 3.85g (24.09%), Carbohydrates: 24.45g (8.15%), Net Carbohydrates: 23.83g (8.67%), Sugar: 19.3g (21.44%), Cholesterol: 15.05mg (5.02%), Sodium: 7.91mg (0.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.76%), Manganese: 0.27mg (13.28%), Copper: 0.08mg (3.93%), Vitamin B1: 0.06mg (3.82%), Selenium: 2.59µg (3.71%), Magnesium: 14.27mg (3.57%), Vitamin A: 175.79IU

(3.52%), Phosphorus: 30.46mg (3.05%), Folate: 11.85µg (2.96%), Iron: 0.46mg (2.58%), Fiber: 0.62g (2.46%),
Vitamin B2: 0.03mg (1.93%), Zinc: 0.23mg (1.54%), Vitamin B3: 0.3mg (1.52%), Vitamin E: 0.21mg (1.39%), Vitamin
B6: 0.03mg (1.37%), Calcium: 13.21mg (1.32%), Potassium: 40.85mg (1.17%)