



Fruit Crisp

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



273 kcal

DESSERT

Ingredients

- ☐ 0.3 cup flour all-purpose
- ☐ 1.5 quarts fruits assorted trimmed chopped (such as blueberries, raspberries, peaches, plums, or cherries)
- ☐ 1 teaspoon lemon zest (from)
- ☐ 0.3 cup brown sugar light packed
- ☐ 0.3 cup quick-cooking oats
- ☐ 1 pinch salt
- ☐ 0.5 cup sugar
- ☐ 4 tablespoons butter unsalted cold cut into small pieces ()

☐ 0.3 cup walnuts chopped

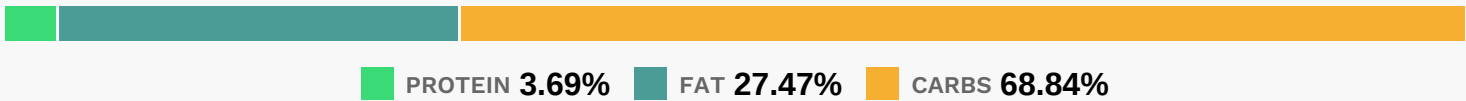
Equipment

- ☐ 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:33.76, Glycemic Load:20.49, Inflammation Score:-6, Nutrition Score:8.9739129497953%

Flavonoids

Cyanidin: 15.11mg, Cyanidin: 15.11mg, Cyanidin: 15.11mg, Cyanidin: 15.11mg Petunidin: 55.95mg, Petunidin: 55.95mg, Petunidin: 55.95mg, Petunidin: 55.95mg Delphinidin: 62.87mg, Delphinidin: 62.87mg, Delphinidin: 62.87mg, Delphinidin: 62.87mg Malvidin: 119.93mg, Malvidin: 119.93mg, Malvidin: 119.93mg, Malvidin: 119.93mg Peonidin: 36mg, Peonidin: 36mg, Peonidin: 36mg, Peonidin: 36mg Catechin: 9.39mg, Catechin: 9.39mg, Catechin: 9.39mg, Catechin: 9.39mg Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin:

1.17mg Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg Myricetin: 2.31mg, Myricetin: 2.31mg, Myricetin: 2.31mg, Myricetin: 2.31mg Quercetin: 13.61mg, Quercetin: 13.61mg, Quercetin: 13.61mg, Quercetin: 13.61mg Gallocatechin: 0.21mg, Gallocatechin: 0.21mg, Gallocatechin: 0.21mg, Gallocatechin: 0.21mg

Nutrients (% of daily need)

Calories: 273.23kcal (13.66%), Fat: 8.9g (13.69%), Saturated Fat: 3.9g (24.4%), Carbohydrates: 50.18g (16.73%), Net Carbohydrates: 45.3g (16.47%), Sugar: 36.97g (41.08%), Cholesterol: 15.05mg (5.02%), Sodium: 9.68mg (0.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.38%), Manganese: 0.86mg (43.09%), Vitamin K: 34.93µg (33.26%), Vitamin C: 17.58mg (21.31%), Fiber: 4.87g (19.49%), Copper: 0.18mg (8.99%), Vitamin B1: 0.12mg (8.2%), Vitamin E: 1.22mg (8.13%), Magnesium: 24.92mg (6.23%), Vitamin B2: 0.11mg (6.21%), Vitamin B6: 0.12mg (5.98%), Folate: 22.5µg (5.63%), Vitamin A: 271.6IU (5.43%), Iron: 0.96mg (5.34%), Vitamin B3: 1.05mg (5.23%), Phosphorus: 51.75mg (5.18%), Potassium: 177.48mg (5.07%), Selenium: 2.77µg (3.96%), Zinc: 0.52mg (3.44%), Vitamin B5: 0.29mg (2.94%), Calcium: 23.86mg (2.39%)