

Fruit Crisp

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



333 kcal

DESSERT

Ingredients

- ☐ 0.5 cup blueberries frozen thawed
- ☐ 2 tablespoons brown sugar
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 2 teaspoons juice of lemon
- ☐ 11 ounce mandarin oranges in syrup light drained canned
- ☐ 2 tablespoons butter chilled cut into small pieces reduced-calorie

- ☐ 2 tablespoons quick-cooking oats
- ☐ 0.5 cup strawberries sliced

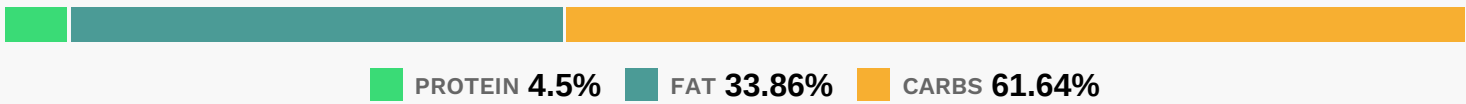
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ toaster

Directions

- ☐ Preheat toaster oven to 35
- ☐ Combine first 4 ingredients in a small bowl; toss gently. Divide fruit mixture evenly between 2 (10-ounce) custard cups; set aside.
- ☐ Combine flour and next 4 ingredients (flour through nutmeg) in a small bowl; stir well.
- ☐ Cut in margarine with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Sprinkle flour mixture evenly over fruit. Cover and bake at 350 for 20 minutes. Uncover and bake an additional 5 minutes or until crisp.
- ☐ Note: To bake in a conventional oven, place custard cups on a baking sheet.
- ☐ Bake at 350 for 30 minutes or until crisp (do not cover).

Nutrition Facts



Properties

Glycemic Index:168.5, Glycemic Load:18.67, Inflammation Score:-9, Nutrition Score:13.8682610263%

Flavonoids

Cyanidin: 3.73mg, Cyanidin: 3.73mg, Cyanidin: 3.73mg, Cyanidin: 3.73mg Petunidin: 11.71mg, Petunidin: 11.71mg, Petunidin: 11.71mg, Petunidin: 11.71mg Delphinidin: 13.22mg, Delphinidin: 13.22mg, Delphinidin: 13.22mg, Delphinidin: 13.22mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Pelargonidin: 8.95mg,

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Nutrients (% of daily need)

Calories: 332.75kcal (16.64%), Fat: 13.2g (20.31%), Saturated Fat: 2.67g (16.66%), Carbohydrates: 54.06g (18.02%), Net Carbohydrates: 48.6g (17.67%), Sugar: 33.9g (37.66%), Cholesterol: 0mg (0%), Sodium: 147.15mg (6.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.89%), Vitamin C: 68.37mg (82.87%), Manganese: 0.71mg (35.72%), Vitamin A: 1616.22IU (32.32%), Fiber: 5.46g (21.82%), Vitamin B1: 0.24mg (15.78%), Folate: 59.69µg (14.92%), Magnesium: 46.49mg (11.62%), Potassium: 404.75mg (11.56%), Selenium: 6.35µg (9.07%), Vitamin B6: 0.18mg (8.89%), Phosphorus: 88.6mg (8.86%), Calcium: 87.61mg (8.76%), Vitamin B2: 0.15mg (8.73%), Vitamin B3: 1.62mg (8.1%), Vitamin K: 8.24µg (7.84%), Iron: 1.4mg (7.77%), Vitamin E: 1.15mg (7.65%), Copper: 0.15mg (7.54%), Vitamin B5: 0.56mg (5.55%), Zinc: 0.5mg (3.35%)