



## Gingered Apple-Berry Crisp

 Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



429 kcal

DESSERT

### Ingredients

- 0.8 cup oats
- 0.8 cup gingersnaps crushed
- 0.5 cup flour all-purpose
- 0.3 cup brown sugar packed
- 0.5 cup butter cut into small pieces
- 1 cup blueberries unsweetened frozen
- 1 cup raspberries unsweetened frozen
- 0.5 teaspoon ground ginger

21 oz peach pie filling canned

## Equipment

bowl

oven

blender

baking pan

aluminum foil

glass baking pan

## Directions

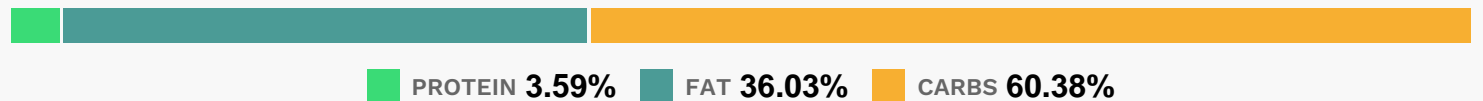
Heat oven to 350°F. Spray 12x8-inch (2-quart) glass baking dish with cooking spray. In large bowl, combine all topping ingredients except butter. With pastry blender or fork, cut in butter until crumbly.

In large bowl, mix all fruit mixture ingredients; pour into baking dish.

Sprinkle topping evenly over fruit.

Bake 35 to 40 minutes or until fruit mixture is bubbly and topping is golden brown. If necessary, cover with foil during last 15 to 20 minutes of baking to prevent excessive browning.

## Nutrition Facts



## Properties

Glycemic Index:34.33, Glycemic Load:11.1, Inflammation Score:-7, Nutrition Score:9.8204348424207%

## Flavonoids

Cyanidin: 11.24mg, Cyanidin: 11.24mg, Cyanidin: 11.24mg, Cyanidin: 11.24mg Petunidin: 7.84mg, Petunidin: 7.84mg, Petunidin: 7.84mg, Petunidin: 7.84mg Delphinidin: 9mg, Delphinidin: 9mg, Delphinidin: 9mg, Delphinidin: 9mg Malvidin: 16.7mg, Malvidin: 16.7mg, Malvidin: 16.7mg, Malvidin: 16.7mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 5.03mg, Peonidin: 5.03mg, Peonidin: 5.03mg, Peonidin: 5.03mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.86mg, Epicatechin:

0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## Nutrients (% of daily need)

Calories: 429.36kcal (21.47%), Fat: 17.73g (27.27%), Saturated Fat: 3.65g (22.81%), Carbohydrates: 66.86g (22.29%), Net Carbohydrates: 62.4g (22.69%), Sugar: 28.91g (32.13%), Cholesterol: 0mg (0%), Sodium: 306.98mg (13.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.95%), Manganese: 1.03mg (51.58%), Fiber: 4.45g (17.81%), Vitamin A: 720.72IU (14.41%), Iron: 2.45mg (13.61%), Vitamin B1: 0.19mg (12.94%), Selenium: 8.26µg (11.8%), Magnesium: 46.19mg (11.55%), Vitamin C: 9.36mg (11.34%), Folate: 40.58µg (10.14%), Copper: 0.19mg (9.37%), Phosphorus: 90.1mg (9.01%), Vitamin B2: 0.14mg (8.29%), Vitamin E: 1.15mg (7.7%), Vitamin B3: 1.44mg (7.22%), Vitamin K: 7.53µg (7.17%), Potassium: 212.48mg (6.07%), Zinc: 0.65mg (4.31%), Calcium: 41.12mg (4.11%), Vitamin B6: 0.07mg (3.74%), Vitamin B5: 0.34mg (3.38%)