



Island Rhubarb Crisp

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



280 kcal

DESSERT

Ingredients

- ☐ 1 apples cored sliced
- ☐ 3 cups poached berries (any combination of blackberries, blueberries, and gooseberries)
- ☐ 0.8 cup firmly brown sugar packed
- ☐ 0.3 cup butter
- ☐ 0.3 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 1.5 cups regular oats uncooked
- ☐ 3.5 cups rhubarb fresh sliced

- ☐ 8 servings try build-a-meal
- ☐ 2 tablespoons sugar

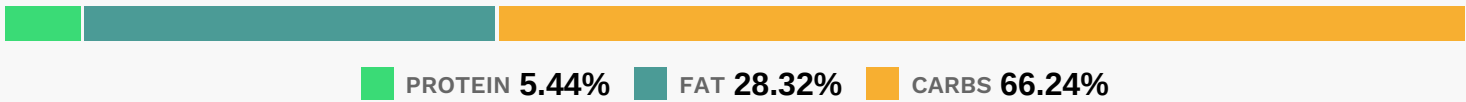
Equipment

- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Spoon rhubarb evenly into a lightly greased 11- x 7-inch baking dish; sprinkle with 2 tablespoons sugar. Top with berries and apple. Set aside.
- ☐ Combine oats and next 3 ingredients; cut in butter with a pastry blender until crumbly.
- ☐ Sprinkle over fruit mixture.
- ☐ Bake at 375 for 25 minutes or until topping is browned and fruit is bubbling.
- ☐ Serve warm with cream, if desired.

Nutrition Facts



Properties

Glycemic Index:38.76, Glycemic Load:9.36, Inflammation Score:-6, Nutrition Score:11.173913148434%

Flavonoids

Cyanidin: 54.33mg, Cyanidin: 54.33mg, Cyanidin: 54.33mg, Cyanidin: 54.33mg Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 21.47mg, Catechin: 21.47mg, Catechin: 21.47mg, Catechin: 21.47mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 4.5mg, Epicatechin: 4.5mg, Epicatechin: 4.5mg, Epicatechin: 4.5mg Epicatechin 3-gallate: 0.32mg, Epicatechin 3-gallate: 0.32mg, Epicatechin 3-gallate: 0.32mg, Epicatechin 3-gallate: 0.32mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 279.69kcal (13.98%), Fat: 9.15g (14.08%), Saturated Fat: 5.08g (31.77%), Carbohydrates: 48.14g (16.05%), Net Carbohydrates: 41.77g (15.19%), Sugar: 28.77g (31.97%), Cholesterol: 20.34mg (6.78%), Sodium: 70.55mg (3.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.91%), Manganese: 1.16mg (58.2%), Vitamin K: 27.95µg (26.62%), Fiber: 6.37g (25.47%), Vitamin C: 16.67mg (20.2%), Magnesium: 44.86mg (11.21%), Selenium: 7.4µg (10.57%), Potassium: 362.89mg (10.37%), Phosphorus: 97.98mg (9.8%), Copper: 0.19mg (9.46%), Calcium: 93.9mg (9.39%), Vitamin B1: 0.13mg (8.63%), Iron: 1.54mg (8.56%), Vitamin A: 419.5IU (8.39%), Folate: 30.59µg (7.65%), Vitamin E: 1.12mg (7.48%), Zinc: 1mg (6.7%), Vitamin B3: 1.02mg (5.08%), Vitamin B2: 0.09mg (5.04%), Vitamin B5: 0.45mg (4.49%), Vitamin B6: 0.07mg (3.42%)