



Jill's Cherry Crisp

 Vegetarian

READY IN



50 min.

SERVINGS



8

CALORIES



441 kcal

DESSERT

Ingredients

- ☐ 1 cup brown sugar
- ☐ 0.5 cup butter melted
- ☐ 4 cups cherries red pitted
- ☐ 2 tablespoons cornstarch
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.8 cup quick-cooking oats
- ☐ 1 teaspoon vanilla extract

- ☐ 1 cup water
- ☐ 1 cup sugar white

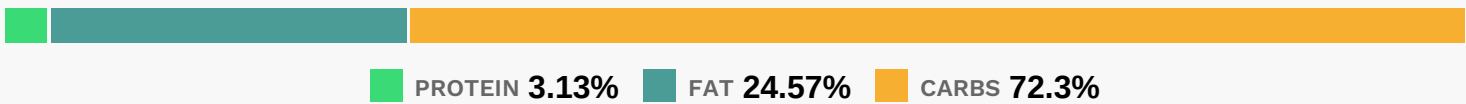
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix brown sugar, flour, oats, butter, and cinnamon together in a bowl until crumbly. Press half the mixture into the bottom of an 8x8-inch pan; top with cherries.
- ☐ Combine water, white sugar, cornstarch, and vanilla extract in a saucepan; bring to a simmer over medium heat. Cook and stir until sugar is dissolved and syrup is clear, about 5 minutes.
- ☐ Pour syrup over cherries; top with remaining brown sugar-oat mixture.
- ☐ Bake in the preheated oven until topping is browned and cherry filling is bubbling, 30 to 35 minutes.

Nutrition Facts



Properties

Glycemic Index:35.89, Glycemic Load:31.1, Inflammation Score:-5, Nutrition Score:6.7178260515565%

Flavonoids

Cyanidin: 20.84mg, Cyanidin: 20.84mg, Cyanidin: 20.84mg, Cyanidin: 20.84mg Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg Peonidin: 1.03mg, Peonidin: 1.03mg, Peonidin: 1.03mg, Peonidin: 1.03mg Catechin: 3.01mg, Catechin: 3.01mg, Catechin: 3.01mg, Catechin: 3.01mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 3.45mg, Epicatechin: 3.45mg, Epicatechin: 3.45mg, Epicatechin: 3.45mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg

Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 440.7kcal (22.03%), Fat: 12.4g (19.08%), Saturated Fat: 7.43g (46.43%), Carbohydrates: 82.12g (27.37%), Net Carbohydrates: 79.39g (28.87%), Sugar: 60.68g (67.43%), Cholesterol: 30.5mg (10.17%), Sodium: 101.44mg (4.41%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 3.56g (7.11%), Manganese: 0.55mg (27.31%), Selenium: 8.57µg (12.24%), Vitamin B1: 0.18mg (12.21%), Fiber: 2.74g (10.94%), Magnesium: 34.88mg (8.72%), Iron: 1.57mg (8.71%), Folate: 34.5µg (8.63%), Vitamin A: 399.44IU (7.99%), Phosphorus: 71.13mg (7.11%), Vitamin B2: 0.12mg (7.01%), Potassium: 239.47mg (6.84%), Vitamin C: 4.84mg (5.87%), Copper: 0.11mg (5.68%), Vitamin B3: 1.13mg (5.66%), Calcium: 44.85mg (4.49%), Vitamin B5: 0.31mg (3.13%), Vitamin B6: 0.06mg (3.03%), Vitamin E: 0.45mg (2.97%), Zinc: 0.43mg (2.89%), Vitamin K: 2.81µg (2.68%)