



Juicy Plum Crisp

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



234 kcal

DESSERT

Ingredients

- 0.3 cup butter cold ()
- 0.8 cup flour
- 2 Tbsp minute tapioca
- 6 cups plums fresh sliced
- 0.8 cup sugar divided
- 1 tsp vanilla

Equipment

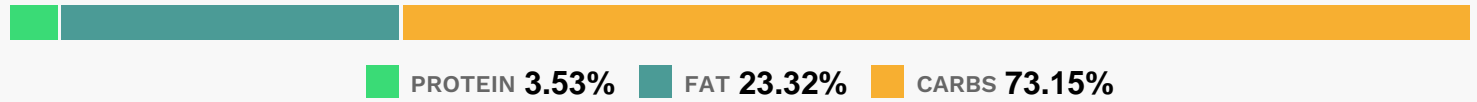
- bowl

- oven
- blender
- baking pan

Directions

- Preheat oven to 375F.
- Combine plums, 1/2 cup of the sugar, the tapioca and vanilla in 1-1/2-qt. baking dish; let stand 5 min.
- Meanwhile, mix flour and the remaining 1/4 cup sugar in small bowl; cut in butter with pastry blender or two knives until mixture resembles coarse crumbs.
- Sprinkle evenly over plum mixture.
- Bake 40 to 45 min. or until plums are tender and topping is lightly browned. Cool slightly.

Nutrition Facts



Properties

Glycemic Index:29.22, Glycemic Load:24.35, Inflammation Score:-5, Nutrition Score:4.9717391243447%

Flavonoids

Cyanidin: 6.97mg, Cyanidin: 6.97mg, Cyanidin: 6.97mg, Cyanidin: 6.97mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 3.58mg, Catechin: 3.58mg, Catechin: 3.58mg, Catechin: 3.58mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 3.96mg, Epicatechin: 3.96mg, Epicatechin: 3.96mg, Epicatechin: 3.96mg Epicatechin 3-gallate: 0.94mg, Epicatechin 3-gallate: 0.94mg, Epicatechin 3-gallate: 0.94mg, Epicatechin 3-gallate: 0.94mg Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg

Nutrients (% of daily need)

Calories: 234.14kcal (11.71%), Fat: 6.27g (9.65%), Saturated Fat: 3.69g (23.03%), Carbohydrates: 44.3g (14.77%), Net Carbohydrates: 42.25g (15.36%), Sugar: 31.09g (34.55%), Cholesterol: 15.25mg (5.08%), Sodium: 46.08mg (2%), Alcohol: 0.18g (100%), Alcohol %: 0.14% (100%), Protein: 2.14g (4.27%), Vitamin C: 11.76mg (14.25%), Vitamin A: 604.21IU (12.08%), Vitamin B1: 0.13mg (8.47%), Fiber: 2.05g (8.2%), Vitamin K: 8.45µg (8.05%), Manganese: 0.15mg (7.31%), Folate: 27.85µg (6.96%), Vitamin B3: 1.21mg (6.07%), Potassium: 209.68mg (5.99%), Selenium: 4.16µg

(5.94%), Vitamin B2: 0.1mg (5.68%), Copper: 0.09mg (4.46%), Iron: 0.77mg (4.25%), Phosphorus: 34.19mg (3.42%),
Vitamin E: 0.49mg (3.29%), Magnesium: 11.45mg (2.86%), Vitamin B5: 0.23mg (2.26%), Vitamin B6: 0.04mg
(2.07%), Zinc: 0.21mg (1.43%), Calcium: 11.13mg (1.11%)