



Lavender Berry Crisp

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



419 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almonds chopped
- ☐ 4 cups blueberries rinsed
- ☐ 0.3 lb butter cut into 1/2-inch chunks
- ☐ 1 cup flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 2 tablespoons culinary lavender buds dried (see notes)
- ☐ 3 tablespoons juice of lemon
- ☐ 2 tablespoons cooking tapioca

- ☐ 4 cups raspberries rinsed
- ☐ 1.3 cups sugar

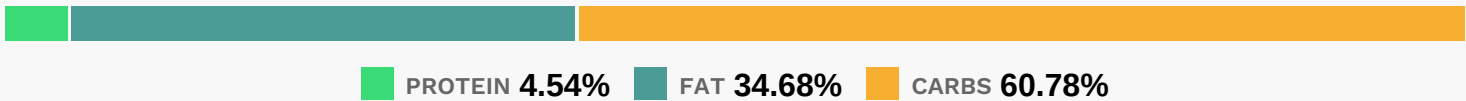
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ In a blender, whirl lavender and tapioca until finely ground.
- ☐ Pour into a large bowl. Stir in 3/4 cup sugar and the cinnamon.
- ☐ Add blueberries, raspberries, and lemon juice; mix gently.
- ☐ Pour into a shallow 2 1/2- to 3-quart baking dish.
- ☐ In a food processor or bowl, combine flour, remaining 1/2 cup sugar, and butter. Whirl or rub in with your fingers until coarse crumbs form. Stir in almonds. Squeeze handfuls of the nut mixture together, then crumble into about 1/2-inch chunks over fruit mixture. Set dish on a foil-lined baking pan.
- ☐ Bake in a 350 oven until juices are bubbling in the center and streusel is browned, 60 to 70 minutes. Cool on a rack at least 45 minutes.
- ☐ Serve warm or cool. Spoon crisp into bowls.

Nutrition Facts



Properties

Glycemic Index:34.51, Glycemic Load:34.96, Inflammation Score:-7, Nutrition Score:12.726956384337%

Flavonoids

Cyanidin: 33.94mg, Cyanidin: 33.94mg, Cyanidin: 33.94mg, Cyanidin: 33.94mg Petunidin: 23.52mg, Petunidin: 23.52mg, Petunidin: 23.52mg Delphinidin: 27.01mg, Delphinidin: 27.01mg, Delphinidin: 27.01mg, Delphinidin: 27.01mg Malvidin: 50.09mg, Malvidin: 50.09mg, Malvidin: 50.09mg, Malvidin: 50.09mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 15.09mg, Peonidin: 15.09mg, Peonidin: 15.09mg, Peonidin: 15.09mg Catechin: 4.82mg, Catechin: 4.82mg, Catechin: 4.82mg, Catechin: 4.82mg Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg Epicatechin: 2.62mg, Epicatechin: 2.62mg, Epicatechin: 2.62mg, Epicatechin: 2.62mg Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 6.36mg, Quercetin: 6.36mg, Quercetin: 6.36mg, Quercetin: 6.36mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 418.66kcal (20.93%), Fat: 16.9g (26%), Saturated Fat: 7.69g (48.04%), Carbohydrates: 66.65g (22.22%), Net Carbohydrates: 59.16g (21.51%), Sugar: 41.8g (46.45%), Cholesterol: 30.48mg (10.16%), Sodium: 93.3mg (4.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.97g (9.95%), Manganese: 1.05mg (52.53%), Vitamin C: 25.54mg (30.96%), Fiber: 7.5g (29.99%), Vitamin E: 3.59mg (23.93%), Vitamin K: 20.16µg (19.2%), Vitamin B2: 0.24mg (14.35%), Folate: 51.15µg (12.79%), Vitamin B1: 0.19mg (12.65%), Magnesium: 46.13mg (11.53%), Copper: 0.22mg (10.78%), Iron: 1.82mg (10.09%), Vitamin B3: 1.93mg (9.66%), Phosphorus: 90.32mg (9.03%), Selenium: 6.21µg (8.87%), Vitamin A: 427.14IU (8.54%), Potassium: 241.79mg (6.91%), Calcium: 63.14mg (6.31%), Zinc: 0.79mg (5.24%), Vitamin B6: 0.09mg (4.72%), Vitamin B5: 0.42mg (4.24%)