

Maple Fruit Crisps

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



314 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 2.5 cups blackberries fresh
- 0.3 cup brown sugar packed
- 1 large eggs
- 0.5 cup flour all-purpose
- 1.5 cups vanilla yogurt frozen low-fat
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg

- 0.3 cup maple syrup
- 4 nectarines peeled cut into 8 wedges
- 0.5 cup regular oats
- 6 servings try build-a-meal
- 2 tablespoons slivered almonds

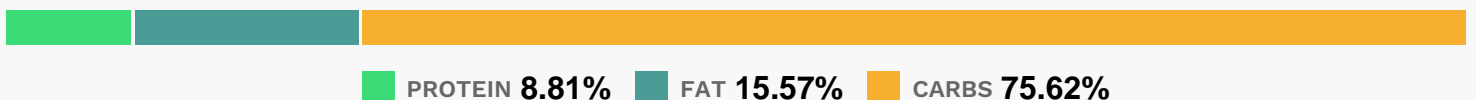
Equipment

- food processor
- bowl
- oven
- knife
- ramekin
- measuring cup

Directions

- Preheat oven to 350. Lightly spoon flour into a dry measuring cup; level with a knife.
- Place flour and next 5 ingredients (flour through nutmeg) in a food processor; pulse 2 times or until blended.
- Add almonds; pulse 3 times or until almonds are chopped.
- Add egg; pulse 5 times or until mixture resembles coarse meal.
- Combine blackberries, maple syrup, and nectarines in a bowl; toss to coat. Divide fruit mixture evenly among 6 (10-ounce) ramekins or custard cups; crumble oat mixture evenly over fruit mixture.
- Bake at 350 for 35 minutes or until bubbly.
- Serve with frozen yogurt. Note: This recipe may also be made in a 1 1/2-quart casserole and baked for 35 minutes.

Nutrition Facts



Properties

Glycemic Index:66.08, Glycemic Load:15.7, Inflammation Score:-7, Nutrition Score:15.087826070578%

Flavonoids

Cyanidin: 62.07mg, Cyanidin: 62.07mg, Cyanidin: 62.07mg, Cyanidin: 62.07mg Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 25.1mg, Catechin: 25.1mg, Catechin: 25.1mg, Catechin: 25.1mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 5.22mg, Epicatechin: 5.22mg, Epicatechin: 5.22mg, Epicatechin: 5.22mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 313.89kcal (15.69%), Fat: 5.63g (8.67%), Saturated Fat: 1.74g (10.9%), Carbohydrates: 61.56g (20.52%), Net Carbohydrates: 55.25g (20.09%), Sugar: 41.92g (46.58%), Cholesterol: 31.72mg (10.57%), Sodium: 132.45mg (5.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.17g (14.34%), Manganese: 1.36mg (67.79%), Vitamin B2: 0.49mg (28.83%), Fiber: 6.31g (25.25%), Vitamin C: 15.64mg (18.96%), Phosphorus: 177.44mg (17.74%), Calcium: 160.68mg (16.07%), Vitamin E: 2.31mg (15.42%), Selenium: 10.27µg (14.67%), Copper: 0.29mg (14.35%), Magnesium: 54.95mg (13.74%), Vitamin K: 14.18µg (13.51%), Vitamin B1: 0.2mg (13.04%), Folate: 49.79µg (12.45%), Potassium: 433.66mg (12.39%), Vitamin B3: 2.45mg (12.28%), Iron: 2.06mg (11.47%), Vitamin A: 564.73IU (11.29%), Zinc: 1.39mg (9.25%), Vitamin B5: 0.87mg (8.69%), Vitamin B6: 0.11mg (5.5%), Vitamin B12: 0.18µg (2.98%), Vitamin D: 0.2µg (1.35%)