



Maple Fruit Crisps

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



311 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 nutmeg

- 0.3 cup maple syrup
- 4 nectarines peeled cut into 8 wedges
- 0.5 cup rolled oats
- 2 tablespoons slivered almonds

Equipment

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

Directions

- Preheat oven to 35
- 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:14.705652242121%

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: 310.65kcal (15.53%), Fat: 5.61g (8.62%), Saturated Fat: 1.74g (10.88%), Carbohydrates: 60.88g (20.29%), Net Carbohydrates: 54.79g (19.92%), Sugar: 41.91g (46.57%), Cholesterol: 31.72mg (10.57%), Sodium: 132.44mg (5.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.03g (14.06%), Manganese: 1.29mg (64.44%), Vitamin B2: 0.49mg (28.65%), Fiber: 6.09g (24.35%), Vitamin C: 15.64mg (18.96%), Phosphorus: 171.12mg (17.11%), Calcium: 160.12mg (16.01%), Vitamin E: 2.3mg (15.32%), Copper: 0.28mg (14%), Selenium: 9.76µg (13.94%), Vitamin K: 14.12µg (13.45%), Magnesium: 52.47mg (13.12%), Vitamin B1: 0.19mg (12.84%), Folate: 49.64µg (12.41%), Potassium: 426.36mg (12.18%), Vitamin B3: 2.4mg (12%), Vitamin A: 564.62IU (11.29%), Iron: 2mg (11.11%), Zinc: 1.33mg (8.88%), Vitamin B5: 0.85mg (8.54%), Vitamin B6: 0.11mg (5.3%), Vitamin B12: 0.18µg (2.98%), Vitamin D: 0.2µg (1.35%)