



Mixed Berry Crisp

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



417 kcal

DESSERT

Ingredients

- ☐ 1 cup flour
- ☐ 24 ounce berries mixed frozen (such as blueberries, blackberries, strawberries and raspberries; 6 cups)
- ☐ 7 tablespoons butter unsalted diced chilled
- ☐ 0.7 cup brown sugar packed ()
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 0.8 cup oats
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar

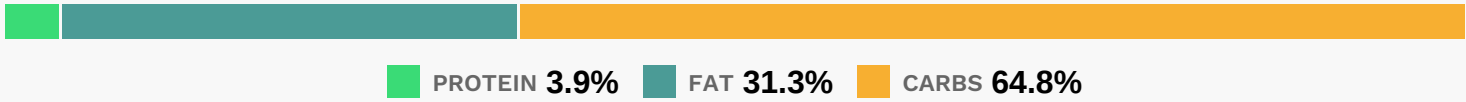
Equipment

- ☐ bowl
- ☐ oven
- ☐ pie form

Directions

- ☐ Preheat oven to 375°F.
- ☐ Combine berries, 1/4 cup sugar, 1/4 cup flour and lemon juice in large bowl; toss to blend well.
- ☐ Transfer berry mixture to 9-inch-diameter glass pie dish.
- ☐ Combine remaining 3/4 cup flour, oats, brown sugar, spices and salt in medium bowl.
- ☐ Add butter; rub in with fingertips until topping holds together in small moist clumps.
- ☐ Sprinkle over berry mixture.
- ☐ Bake crisp until berry mixture bubbles thickly and topping is golden brown, about 1 hour.
- ☐ Let stand 15 minutes.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:43.35, Glycemic Load:19.68, Inflammation Score:-6, Nutrition Score:9.5739129665105%

Flavonoids

Cyanidin: 4.94mg, Cyanidin: 4.94mg, Cyanidin: 4.94mg, Cyanidin: 4.94mg Petunidin: 20.59mg, Petunidin: 20.59mg, Petunidin: 20.59mg, Petunidin: 20.59mg Delphinidin: 24.48mg, Delphinidin: 24.48mg, Delphinidin: 24.48mg, Delphinidin: 24.48mg Malvidin: 56.3mg, Malvidin: 56.3mg, Malvidin: 56.3mg, Malvidin: 56.3mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.53mg, Peonidin: 0.53mg,

Peonidin: 0.53mg, Peonidin: 0.53mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.04mg, Luteolin: 2.04mg, Luteolin: 2.04mg, Luteolin: 2.04mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 2mg, Myricetin: 2mg, Myricetin: 2mg, Myricetin: 2mg Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg

Nutrients (% of daily need)

Calories: 416.53kcal (20.83%), Fat: 14.91g (22.94%), Saturated Fat: 8.62g (53.89%), Carbohydrates: 69.49g (23.16%), Net Carbohydrates: 64.61g (23.5%), Sugar: 41.88g (46.53%), Cholesterol: 35.12mg (11.71%), Sodium: 107.89mg (4.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.35%), Manganese: 0.81mg (40.5%), Fiber: 4.87g (19.49%), Vitamin K: 20.11µg (19.15%), Vitamin B1: 0.25mg (16.55%), Selenium: 10.72µg (15.31%), Folate: 50.65µg (12.66%), Iron: 1.85mg (10.27%), Vitamin B3: 1.99mg (9.95%), Vitamin B2: 0.17mg (9.92%), Vitamin A: 461.6IU (9.23%), Phosphorus: 82.3mg (8.23%), Magnesium: 27.63mg (6.91%), Vitamin E: 0.99mg (6.6%), Copper: 0.13mg (6.25%), Vitamin B6: 0.1mg (4.98%), Potassium: 163.34mg (4.67%), Vitamin C: 3.82mg (4.63%), Calcium: 45.65mg (4.57%), Zinc: 0.63mg (4.22%), Vitamin B5: 0.4mg (4.02%), Vitamin D: 0.25µg (1.63%)