



Mixed Berry Crumble

 Vegetarian

READY IN



308 min.

SERVINGS



8

CALORIES



498 kcal

DESSERT

Ingredients

- ☐ 1 cup almond biscotti crushed 4 to 5 cookies
- ☐ 0.5 cup baking mix
- ☐ 24 ounce poached berries mixed frozen thawed
- ☐ 2 tablespoons butter melted
- ☐ 0.3 cup cranberry juice cocktail
- ☐ 0.5 cup cranberries dried
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.8 cup whole-grain cereal

- ☐ 0.3 cup cooking tapioca quick recommended: Minute
- ☐ 1 cup sugar
- ☐ 8 servings non-dairy whipped topping

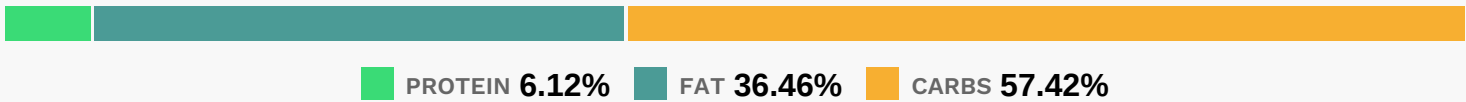
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ slow cooker

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine mixed berries, dried cranberries, cranberry juice, tapioca, cinnamon, and sugar in bottom of a 4 or 5-quart slow cooker. Stir thoroughly.
- ☐ Cover and cook on high setting for 2 to 4 hours.
- ☐ Preheat oven to 350 degrees F, 30 minutes before serving, Line a baking sheet with aluminum foil and set aside.
- ☐ In a medium bowl, combine crumble topping ingredients.
- ☐ Spread out on prepared baking sheet and bake for 12 to 18 minutes or until crisp and golden brown.
- ☐ Sprinkle crumble topping over warm berry mixture.
- ☐ Serve with vanilla ice cream or with whipped topping, if desired.

Nutrition Facts



Properties

Glycemic Index:32.01, Glycemic Load:27.69, Inflammation Score:-6, Nutrition Score:12.814782552097%

Flavonoids

Cyanidin: 4.23mg, Cyanidin: 4.23mg, Cyanidin: 4.23mg, Cyanidin: 4.23mg Petunidin: 15.44mg, Petunidin: 15.44mg, Petunidin: 15.44mg, Petunidin: 15.44mg Delphinidin: 18.37mg, Delphinidin: 18.37mg, Delphinidin: 18.37mg, Delphinidin: 18.37mg Malvidin: 42.23mg, Malvidin: 42.23mg, Malvidin: 42.23mg, Malvidin: 42.23mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.54mg, Luteolin: 1.54mg, Luteolin: 1.54mg, Luteolin: 1.54mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 1.7mg, Myricetin: 1.7mg, Myricetin: 1.7mg, Myricetin: 1.7mg Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg

Nutrients (% of daily need)

Calories: 497.65kcal (24.88%), Fat: 20.91g (32.18%), Saturated Fat: 7.31g (45.71%), Carbohydrates: 74.11g (24.7%), Net Carbohydrates: 68.3g (24.84%), Sugar: 55.54g (61.71%), Cholesterol: 36.72mg (12.24%), Sodium: 186.39mg (8.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.9g (15.8%), Vitamin E: 5.46mg (36.39%), Manganese: 0.61mg (30.61%), Vitamin B2: 0.47mg (27.9%), Fiber: 5.81g (23.24%), Phosphorus: 210.14mg (21.01%), Calcium: 163.63mg (16.36%), Magnesium: 64.18mg (16.05%), Vitamin K: 15.6µg (14.86%), Vitamin B1: 0.19mg (12.47%), Copper: 0.25mg (12.35%), Vitamin C: 7.96mg (9.65%), Potassium: 327.58mg (9.36%), Vitamin B3: 1.79mg (8.94%), Vitamin A: 406.14IU (8.12%), Iron: 1.43mg (7.94%), Folate: 31.29µg (7.82%), Vitamin B6: 0.15mg (7.64%), Zinc: 1.14mg (7.58%), Vitamin B5: 0.67mg (6.66%), Vitamin B12: 0.29µg (4.88%), Selenium: 2.82µg (4.03%)