



Mixed-Berry Oatmeal Crisps

READY IN



95 min.

SERVINGS



6

CALORIES



526 kcal

DESSERT

Ingredients

- ☐ 24 ounce berries mixed frozen
- ☐ 2 tablespoons cornstarch
- ☐ 0.7 cup brown sugar packed ()
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup oats
- ☐ 0.5 cup unbleached all purpose flour
- ☐ 6 tablespoons butter unsalted chilled cut into 1/2-inch cubes ()
- ☐ 6 servings whipped cream
- ☐ 0.5 cup walnut pieces finely chopped

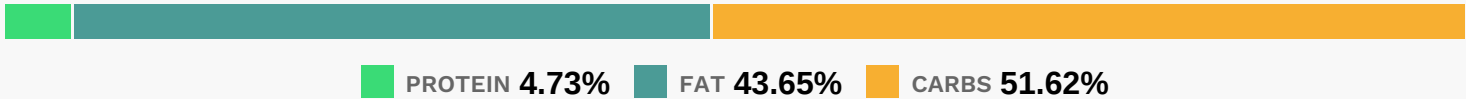
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 425°. Toss frozen berries and cornstarch in large bowl.
- ☐ Let stand until cornstarch dissolves, tossing occasionally, about 20 minutes. Divide berry mixture among six 4 1/2-inch-diameter crème brûlée dishes with 1-inch-high sides. Toss brown sugar, flour, oats, nuts, cinnamon, and 1/4 teaspoon salt in large bowl.
- ☐ Add chilled butter; using fingertips, blend butter into mixture until coarse crumbs form. Divide oat mixture among dishes, sprinkling evenly over berry mixture.
- ☐ Place dishes on rimmed baking sheet.
- ☐ Bake 10 minutes. Reduce oven temperature to 350°F and continue baking until crisp topping is golden brown and fruit filling is bubbling at edges, about 30 minutes longer. Cool crisps at least 15 minutes.
- ☐ Serve warm or at room temperature topped with scoop of vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:10.92, Inflammation Score:-6, Nutrition Score:11.788260822711%

Flavonoids

Cyanidin: 5.21mg, Cyanidin: 5.21mg, Cyanidin: 5.21mg, Cyanidin: 5.21mg 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 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:

5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg

Nutrients (% of daily need)

Calories: 525.58kcal (26.28%), Fat: 26.24g (40.38%), Saturated Fat: 12.42g (77.64%), Carbohydrates: 69.83g (23.28%), Net Carbohydrates: 64.57g (23.48%), Sugar: 47.65g (52.94%), Cholesterol: 59.14mg (19.71%), Sodium: 63.38mg (2.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.4g (12.8%), Manganese: 0.87mg (43.39%), Fiber: 5.25g (21.01%), Vitamin K: 20.26µg (19.29%), Vitamin B2: 0.28mg (16.57%), Phosphorus: 159.25mg (15.93%), Vitamin B1: 0.21mg (14.01%), Vitamin A: 682.53IU (13.65%), Calcium: 133.56mg (13.36%), Copper: 0.26mg (13.23%), Magnesium: 44.59mg (11.15%), Selenium: 7.78µg (11.11%), Folate: 42.69µg (10.67%), Potassium: 307.85mg (8.8%), Vitamin B6: 0.17mg (8.65%), Iron: 1.52mg (8.45%), Vitamin E: 1.19mg (7.94%), Zinc: 1.18mg (7.86%), Vitamin B3: 1.5mg (7.51%), Vitamin B5: 0.75mg (7.5%), Vitamin B12: 0.28µg (4.69%), Vitamin C: 3.36mg (4.08%), Vitamin D: 0.34µg (2.28%)