



My Plum Crisp

 Vegetarian

READY IN



65 min.

SERVINGS



15

CALORIES



68 kcal

DESSERT

Ingredients

- 2 tablespoons brown sugar
- 1 tablespoon butter softened
- 2 tablespoons flour all-purpose
- 1 tablespoon ground cinnamon
- 1 teaspoon ground nutmeg
- 6 plums pitted ripe chopped
- 1 cup rolled oats
- 0.3 cup sugar white

Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C). Spray a 9x13-inch baking dish with cooking spray.
- Mix together 1 cup of rolled oats, 1 tablespoon of butter, and 2 tablespoons of brown sugar in a bowl; press the mixture into the bottom of the prepared baking dish. Lightly toss together the plums, white sugar, flour, cinnamon, and nutmeg in another bowl.
- Spread the plum mixture over the crust.
- Mix 1 cup of oats, 2 tablespoons of brown sugar, and 1 tablespoon of butter in a bowl until well combined, and sprinkle the crumble mixture over the top of the plums.
- Bake in the preheated oven until the plum filling is bubbling and the crisp topping is browned, about 35 minutes.
- Serve warm.

Nutrition Facts



PROTEIN 5.84% **FAT 15.95%** **CARBS 78.21%**

Properties

Glycemic Index:23.25, Glycemic Load:5.96, Inflammation Score:-1, Nutrition Score:2.3647826015139%

Flavonoids

Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Epicatechin 3-gallate: 0.2mg, Epicatechin 3-gallate: 0.2mg, Epicatechin 3-gallate: 0.2mg, Epicatechin 3-gallate: 0.2mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg Gallocatechin: 0.02mg,

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Nutrients (% of daily need)

Calories: 68.17kcal (3.41%), Fat: 1.26g (1.94%), Saturated Fat: 0.58g (3.64%), Carbohydrates: 13.92g (4.64%), Net Carbohydrates: 12.67g (4.61%), Sugar: 8.71g (9.68%), Cholesterol: 2.01mg (0.67%), Sodium: 6.91mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.08%), Manganese: 0.31mg (15.75%), Fiber: 1.25g (5.01%), Vitamin C: 2.53mg (3.07%), Phosphorus: 28.38mg (2.84%), Selenium: 1.98µg (2.82%), Vitamin B1: 0.04mg (2.72%), Magnesium: 10.25mg (2.56%), Vitamin A: 116.11IU (2.32%), Iron: 0.38mg (2.13%), Copper: 0.04mg (2.09%), Vitamin K: 2.03µg (1.94%), Potassium: 67.29mg (1.92%), Zinc: 0.24mg (1.63%), Vitamin B2: 0.02mg (1.27%), Folate: 5.06µg (1.26%), Vitamin B3: 0.24mg (1.2%), Calcium: 11.73mg (1.17%), Vitamin B5: 0.11mg (1.06%)