



Nectarine-Blackberry Crisp

READY IN



45 min.

SERVINGS



12

CALORIES



330 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon flour
- ☐ 3 cups blackberries (two 5.6- to 6-ounce packages)
- ☐ 1 cup crème fraîche sour
- ☐ 2 large eggs
- ☐ 6 tablespoons brown sugar packed ()
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 4 medium nectarines pitted cut into 1 1/2-inch cubes (18 ounces total)
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar

- ☐ 0.5 cup butter unsalted melted (1 stick)
- ☐ 1 teaspoon vanilla extract
- ☐ 12 servings whipped cream

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ Whisk flour, golden brown sugar,lemon peel, and salt in medium bowl toblend.
- ☐ Add melted butter and vanilla;stir until evenly moistened but crumbly.DO AHEAD: Can be made 4 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Whisk eggs in large bowl toblend.
- ☐ Whisk in crème fraîche and vanilla.
- ☐ Add 1 tablespoon flour; whisk to blend.do ahead Can be made 4 hours ahead.Cover and chill. Rewhisk before continuing.
- ☐ Preheat oven to 375°F. Butter 8x10–inch oval ceramic dish.
- ☐ Place berries andnectarines in large bowl.
- ☐ Sprinkle remaining1/2 cup flour and sugar over; toss to coat.
- ☐ Transfer to prepared dish.
- ☐ Pour egg mixtureevenly over fruit. Using fingers, crumbletopping over fruit, distributing evenly.
- ☐ Bake crisp until custard is set andtopping is golden brown, about 55 minutes.
- ☐ Let cool at least 10 minutes and up to 1 hourbefore serving.
- ☐ Scoop crisp into bowls.
- ☐ Serve withvanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:22.84, Glycemic Load:14.42, Inflammation Score:-6, Nutrition Score:8.1613043702167%

Flavonoids

Cyanidin: 36.99mg, Cyanidin: 36.99mg, Cyanidin: 36.99mg, Cyanidin: 36.99mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 14.75mg, Catechin: 14.75mg, Catechin: 14.75mg, Catechin: 14.75mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 330.4kcal (16.52%), Fat: 19.77g (30.42%), Saturated Fat: 11.54g (72.14%), Carbohydrates: 34.92g (11.64%), Net Carbohydrates: 31.8g (11.56%), Sugar: 30.2g (33.56%), Cholesterol: 91.68mg (30.56%), Sodium: 176.8mg (7.69%), Alcohol: 0.1g (100%), Alcohol %: 0.07% (100%), Protein: 4.98g (9.97%), Vitamin A: 912.9IU (18.26%), Vitamin B2: 0.26mg (15.2%), Manganese: 0.28mg (13.88%), Calcium: 127.6mg (12.76%), Fiber: 3.1g (12.46%), Phosphorus: 123.82mg (12.38%), Vitamin C: 9.72mg (11.78%), Vitamin K: 9.25µg (8.81%), Vitamin E: 1.29mg (8.59%), Potassium: 298.91mg (8.54%), Vitamin B5: 0.78mg (7.84%), Selenium: 5µg (7.15%), Vitamin B12: 0.39µg (6.46%), Copper: 0.13mg (6.44%), Zinc: 0.93mg (6.22%), Magnesium: 24.55mg (6.14%), Folate: 21.72µg (5.43%), Vitamin B3: 0.91mg (4.56%), Vitamin B1: 0.06mg (4.2%), Vitamin B6: 0.08mg (3.99%), Iron: 0.66mg (3.68%), Vitamin D: 0.44µg (2.94%)