



Oat Crisps with Blueberries and Crème Fraîche



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



296 kcal

DESSERT

Ingredients

- ☐ 4 cups blueberries
- ☐ 0.3 cup firmly brown sugar dark packed
- ☐ 1 cup crème fraîche
- ☐ 2 tablespoons plus dark
- ☐ 2 tablespoons granulated sugar
- ☐ 1 cup old-fashioned rolled oats
- ☐ 2.5 tablespoons butter unsalted melted

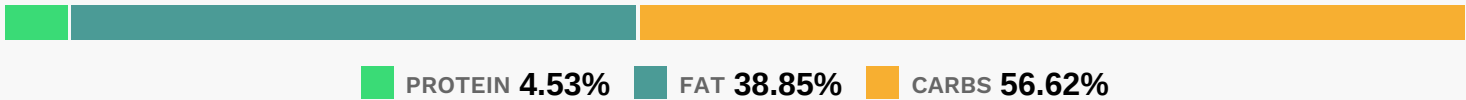
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ spatula

Directions

- ☐ Preheat the oven to 350°F. Line 2 baking sheets with parchment paper.
- ☐ In a bowl, combine the butter, brown sugar, granulated sugar, and corn syrup and stir until blended. Stir in the oats, mixing well.
- ☐ To form the crisps, drop the oats mixture by tablespoonfuls onto the prepared baking sheets, spacing them about 2 1/2 inches apart.
- ☐ Bake, rotating the baking sheets 180 degrees at the midway point, until golden brown and bubbly, about 15 minutes.
- ☐ Let cool for 5 minutes on the baking sheets. Then, using a metal spatula, transfer the crisps to a large flat plate to cool.
- ☐ Divide the blueberries and crème fraîche among individual bowls and place 2 oat crisps alongside or on top of each serving.
- ☐ Planning Ahead
- ☐ The oat crisps may be made a day in advance. Store in an airtight container at room temperature.
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Nutrition Facts



Properties

Glycemic Index:40.02, Glycemic Load:15.8, Inflammation Score:-6, Nutrition Score:8.2121739931729%

Flavonoids

Cyanidin: 8.35mg, Cyanidin: 8.35mg, Cyanidin: 8.35mg, Cyanidin: 8.35mg Petunidin: 31.11mg, Petunidin: 31.11mg, Petunidin: 31.11mg, Petunidin: 31.11mg Delphinidin: 34.96mg, Delphinidin: 34.96mg, Delphinidin: 34.96mg, Delphinidin: 34.96mg Malvidin: 66.69mg, Malvidin: 66.69mg, Malvidin: 66.69mg, Malvidin: 66.69mg Peonidin: 20.02mg, Peonidin: 20.02mg, Peonidin: 20.02mg, Peonidin: 20.02mg Catechin: 5.22mg, Catechin: 5.22mg, Catechin: 5.22mg, Catechin: 5.22mg Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 296.39kcal (14.82%), Fat: 13.39g (20.6%), Saturated Fat: 7.05g (44.04%), Carbohydrates: 43.9g (14.63%), Net Carbohydrates: 40.17g (14.61%), Sugar: 29.85g (33.16%), Cholesterol: 35.16mg (11.72%), Sodium: 28.3mg (1.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.02%), Manganese: 0.84mg (41.99%), Vitamin K: 20.3µg (19.33%), Fiber: 3.73g (14.93%), Vitamin C: 9.92mg (12.02%), Phosphorus: 98.95mg (9.9%), Vitamin A: 437.87IU (8.76%), Selenium: 5.83µg (8.32%), Vitamin B2: 0.13mg (7.6%), Magnesium: 29.93mg (7.48%), Vitamin B1: 0.11mg (7.16%), Copper: 0.13mg (6.27%), Calcium: 62.03mg (6.2%), Vitamin E: 0.9mg (6%), Potassium: 189.71mg (5.42%), Iron: 0.97mg (5.4%), Zinc: 0.79mg (5.25%), Vitamin B6: 0.09mg (4.26%), Vitamin B5: 0.42mg (4.23%), Folate: 12.81µg (3.2%), Vitamin B3: 0.61mg (3.07%), Vitamin B12: 0.09µg (1.51%)