



Oat Crisps with Blueberries, Peaches and Crème Fraîche

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



305 kcal

DESSERT

Ingredients

- 2 cups blueberries
- 0.3 cup t brown sugar dark packed
- 1 cup crème fraîche homemade
- 2 tablespoons corn syrup dark
- 2 tablespoons granulated sugar
- 1 cup oats
- 3 large peaches pitted ripe peeled cut into 1/2 inch pieces

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.

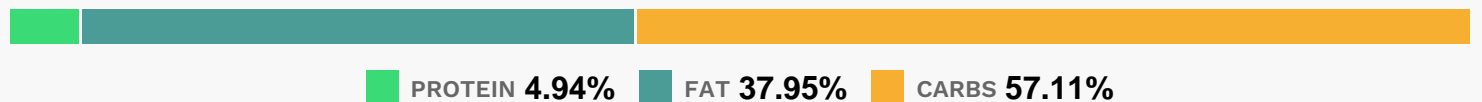
Bake, rotating the baking sheets 180 degrees at the midway point, until golden brown and bubbly, about 15 minutes.

Let cool for 5 minutes on the baking sheets. Then, using a metal spatula, transfer the crisps to a large flat plate to cool.

To serve, divide the blueberries, peaches, 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.

Nutrition Facts



Properties

Glycemic Index:46.72, Glycemic Load:16.44, Inflammation Score:-6, Nutrition Score:8.6152173358461%

Flavonoids

Cyanidin: 5.85mg, Cyanidin: 5.85mg, Cyanidin: 5.85mg, Cyanidin: 5.85mg Petunidin: 15.55mg, Petunidin: 15.55mg, Petunidin: 15.55mg, Petunidin: 15.55mg Delphinidin: 17.48mg, Delphinidin: 17.48mg, Delphinidin: 17.48mg, Delphinidin: 17.48mg Malvidin: 33.34mg, Malvidin: 33.34mg, Malvidin: 33.34mg, Malvidin: 33.34mg Peonidin: 10.01mg, Peonidin: 10.01mg, Peonidin: 10.01mg, Peonidin: 10.01mg Catechin: 6.91mg, Catechin: 6.91mg, Catechin: 6.91mg, Catechin: 6.91mg Epigallocatechin: 1.24mg, Epigallocatechin: 1.24mg, Epigallocatechin: 1.24mg, Epigallocatechin: 1.24mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 305.02kcal (15.25%), Fat: 13.46g (20.71%), Saturated Fat: 7.05g (44.05%), Carbohydrates: 45.58g (15.19%), Net Carbohydrates: 41.72g (15.17%), Sugar: 32.27g (35.86%), Cholesterol: 35.16mg (11.72%), Sodium: 39.18mg (1.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.88%), Manganese: 0.73mg (36.37%), Fiber: 3.86g (15.45%), Vitamin A: 696.48IU (13.93%), Vitamin K: 13.4µg (12.76%), Phosphorus: 112.28mg (11.23%), Selenium: 7.62µg (10.88%), Vitamin C: 8.72mg (10.57%), Magnesium: 33.97mg (8.49%), Vitamin E: 1.26mg (8.38%), Copper: 0.17mg (8.28%), Vitamin B2: 0.14mg (8.01%), Potassium: 258.47mg (7.38%), Vitamin B1: 0.11mg (7.35%), Iron: 1.13mg (6.29%), Calcium: 62.57mg (6.26%), Zinc: 0.91mg (6.07%), Vitamin B3: 1.11mg (5.56%), Vitamin B5: 0.5mg (4.95%), Vitamin B6: 0.08mg (4.07%), Folate: 15.1µg (3.78%), Vitamin B12: 0.09µg (1.51%)