



## Oatmeal, Almond, Pear and Plum Crisp

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



255 kcal

DESSERT

### Ingredients

- 2 tablespoons almonds sliced
- 3 tablespoons flour all-purpose
- 0.5 cup brown sugar packed ()
- 1 pinch nutmeg
- 1 tablespoon juice of lemon fresh
- 18 ounces pears cored peeled thinly sliced
- 10 ounces plums pitted halved thinly sliced
- 0.5 cup oats

- 2 tablespoons sugar
- 2 tablespoons vegetable oil

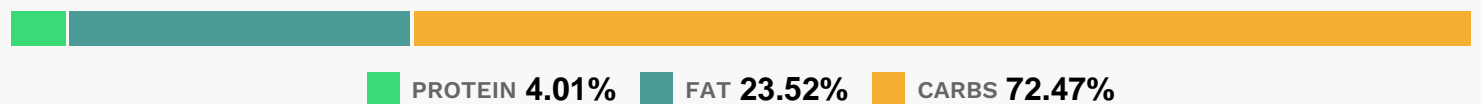
## Equipment

- bowl
- oven
- pie form

## Directions

- Preheat oven to 350°F.
- Mix first 3 ingredients in bowl.
- Add oil; mix with fork until coarse crumbs form.
- Mix in almonds.
- Combine fruit in 10-inch-diameter glass pie dish.
- Sprinkle sugar, lemon juice and nutmeg over.
- Sprinkle with oats.
- Bake until fruit is tender and topping is golden brown, about 35 minutes. Cool 10 minutes.
- Serve with frozen yogurt.
- Per serving: calories, 248; total fat, 6 g; saturated fat, 1 g; cholesterol, 0 k
- Self

## Nutrition Facts



## Properties

Glycemic Index:60.92, Glycemic Load:13.12, Inflammation Score:-4, Nutrition Score:6.8865217333255%

## Flavonoids

Cyanidin: 4.49mg, Cyanidin: 4.49mg, Cyanidin: 4.49mg, Cyanidin: 4.49mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg

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## **Nutrients (% of daily need)**

Calories: 254.8kcal (12.74%), Fat: 7.03g (10.81%), Saturated Fat: 0.97g (6.06%), Carbohydrates: 48.73g (16.24%), Net Carbohydrates: 44.23g (16.08%), Sugar: 35.12g (39.02%), Cholesterol: 0mg (0%), Sodium: 6.39mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.39%), Manganese: 0.47mg (23.74%), Fiber: 4.49g (17.97%), Vitamin K: 15.33µg (14.6%), Vitamin C: 9.12mg (11.05%), Vitamin E: 1.5mg (10.02%), Magnesium: 39.43mg (9.86%), Copper: 0.17mg (8.62%), Potassium: 253.09mg (7.23%), Phosphorus: 70.08mg (7.01%), Vitamin B1: 0.1mg (6.49%), Vitamin B2: 0.1mg (5.9%), Selenium: 4.04µg (5.77%), Iron: 0.98mg (5.47%), Folate: 19.62µg (4.9%), Calcium: 38.91mg (3.89%), Vitamin B3: 0.76mg (3.78%), Vitamin A: 184.63IU (3.69%), Zinc: 0.49mg (3.26%), Vitamin B6: 0.06mg (3.01%), Vitamin B5: 0.21mg (2.13%)