



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 ground nutmeg
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 18 ounces pears cored peeled thinly sliced
- ☐ 10 ounces plums pitted halved thinly sliced
- ☐ 0.5 cup quick-cooking oats

- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons vegetable oil

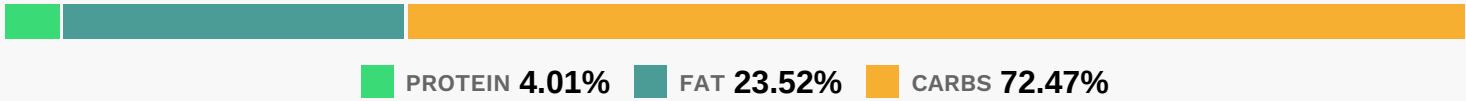
Equipment

- ☐ 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

Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 4.73mg, Epicatechin: 4.73mg, Epicatechin: 4.73mg, Epicatechin: 4.73mg Epicatechin 3–gallate: 0.38mg, Epicatechin 3–gallate: 0.38mg, Epicatechin 3–gallate: 0.38mg Epigallocatechin 3–gallate: 0.33mg, Epigallocatechin 3–gallate: 0.33mg, Epigallocatechin 3–gallate: 0.33mg, Epigallocatechin 3–gallate: 0.33mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

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%)