



Orange Crisp with Coconut Topping

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



250 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter chilled cut into small pieces
- ☐ 0.7 cup flour all-purpose
- ☐ 1 tablespoon grand marnier orange-flavored (liqueur)
- ☐ 6 large navel oranges
- ☐ 1.5 tablespoons quick-cooking tapioca uncooked
- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 0.7 cup coconut or sweetened flaked

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ To prepare filling, peel and section oranges over a large bowl, reserving 1/4 cup juice.
- ☐ Add tapioca and liqueur to reserved 1/4 cup juice; stir until well blended.
- ☐ Add orange sections, and stir gently.
- ☐ Let stand 20 minutes, stirring occasionally.
- ☐ Place filling in an 11 x 7-inch baking dish or shallow two-quart baking dish coated with cooking spray.
- ☐ To prepare topping, lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, sugar, and salt in a large bowl, stirring with a whisk.
- ☐ Cut in butter with a pastry blender or 2 knives until the mixture resembles coarse meal.
- ☐ Add coconut; toss well.
- ☐ Sprinkle topping evenly over filling.
- ☐ Bake at 375 for 35 minutes or until crisp is golden and bubbly.

Nutrition Facts



Properties

Glycemic Index:24.39, Glycemic Load:17.39, Inflammation Score:-6, Nutrition Score:8.2169565409422%

Flavonoids

Hesperetin: 22.96mg, Hesperetin: 22.96mg, Hesperetin: 22.96mg, Hesperetin: 22.96mg Naringenin: 7.45mg, Naringenin: 7.45mg, Naringenin: 7.45mg, Naringenin: 7.45mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 250.28kcal (12.51%), Fat: 8.05g (12.39%), Saturated Fat: 5.55g (34.7%), Carbohydrates: 43.94g (14.65%), Net Carbohydrates: 40.65g (14.78%), Sugar: 28.8g (32%), Cholesterol: 15.25mg (5.08%), Sodium: 212.72mg (9.25%), Alcohol: 0.49g (100%), Alcohol %: 0.41% (100%), Protein: 2.32g (4.63%), Vitamin C: 62.06mg (75.22%), Folate: 55.19µg (13.8%), Fiber: 3.29g (13.17%), Vitamin B1: 0.15mg (10.31%), Vitamin A: 436.62IU (8.73%), Manganese: 0.17mg (8.54%), Selenium: 4.85µg (6.93%), Vitamin B2: 0.11mg (6.58%), Potassium: 213.65mg (6.1%), Vitamin B3: 1.12mg (5.58%), Calcium: 49.47mg (4.95%), Vitamin B6: 0.09mg (4.49%), Phosphorus: 44.3mg (4.43%), Magnesium: 17.66mg (4.41%), Iron: 0.74mg (4.11%), Copper: 0.08mg (3.94%), Vitamin B5: 0.34mg (3.37%), Vitamin E: 0.33mg (2.19%), Zinc: 0.22mg (1.44%)