



WHATSheATE



Passover Fruit Crisp

READY IN



45 min.

SERVINGS



8

CALORIES



371 kcal

DESSERT

Ingredients

- ☐ 16 oz fruit mixed dried
- ☐ 0.7 cup sugar
- ☐ 2 cinnamon sticks
- ☐ 1.5 cups water
- ☐ 0.8 cup red wine
- ☐ 0.7 cup matzo meal
- ☐ 0.3 cup sugar
- ☐ 0.3 cup almonds finely chopped
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon nutmeg
- ☐ 3 tablespoon butter softened
- ☐ 1 serving garnish: whipped cream sweetened

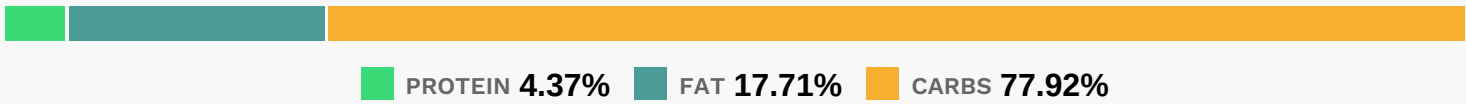
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ blender

Directions

- ☐ In medium saucepan, heat fruit, 2/3 cup sugar, the cinnamon sticks, water and wine to boiling over medium-high heat, stirring occasionally. Reduce heat; simmer uncovered 10 to 15 minutes, stirring occasionally, until fruit is tender.
- ☐ Remove cinnamon sticks; discard.
- ☐ Heat oven to 400°F. In medium bowl, stir cake meal, 1/3 cup sugar, the almonds, cinnamon, ginger and nutmeg until well mixed.
- ☐ Cut in butter, using pastry blender or fork, until mixture looks like fine crumbs.
- ☐ Pour hot fruit mixture into ungreased 1 1/2-quart casserole.
- ☐ Sprinkle evenly with topping.
- ☐ Bake 15 to 20 minutes or until topping is light golden brown. Cool slightly; top with whipped cream.

Nutrition Facts



Properties

Glycemic Index:41.4, Glycemic Load:27.17, Inflammation Score:-4, Nutrition Score:8.750434813778%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Petunidin: 0.45mg, Petunidin: 0.45mg, Petunidin: 0.45mg, Petunidin: 0.45mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 3.11mg, Malvidin: 3.11mg, Malvidin: 3.11mg, Malvidin: 3.11mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 371.4kcal (18.57%), Fat: 7.43g (11.43%), Saturated Fat: 1.28g (8.01%), Carbohydrates: 73.52g (24.51%), Net Carbohydrates: 66.49g (24.18%), Sugar: 52.58g (58.42%), Cholesterol: 0.57mg (0.19%), Sodium: 58.79mg (2.56%), Alcohol: 2.38g (100%), Alcohol %: 1.76% (100%), Protein: 4.13g (8.25%), Manganese: 0.72mg (35.8%), Fiber: 7.03g (28.11%), Magnesium: 57.9mg (14.48%), Potassium: 469.94mg (13.43%), Calcium: 121.38mg (12.14%), Copper: 0.23mg (11.59%), Iron: 1.91mg (10.62%), Vitamin E: 1.55mg (10.31%), Vitamin K: 9.3µg (8.85%), Vitamin B2: 0.15mg (8.6%), Phosphorus: 77.9mg (7.79%), Selenium: 5.14µg (7.34%), Vitamin B1: 0.1mg (7%), Vitamin B3: 1.04mg (5.22%), Vitamin B6: 0.1mg (4.79%), Zinc: 0.66mg (4.39%), Vitamin A: 202.15IU (4.04%), Vitamin B5: 0.34mg (3.36%), Folate: 9.48µg (2.37%)