



Plum and Walnut Crisp with Ginger Ice Cream

READY IN



45 min.

SERVINGS



6

CALORIES



677 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 0.3 cup crystallized ginger finely chopped
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup brown sugar packed ()
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger
- ☐ 1 pinch ground nutmeg
- ☐ 2.5 pounds plums pitted quartered
- ☐ 0.3 teaspoon salt

- ☐ 0.5 cup sugar
- ☐ 6 tablespoons butter unsalted chilled cut into 1/2-inch pieces
- ☐ 1 teaspoon vanilla extract
- ☐ 1 pint whipped cream
- ☐ 1 cup walnuts coarsely chopped

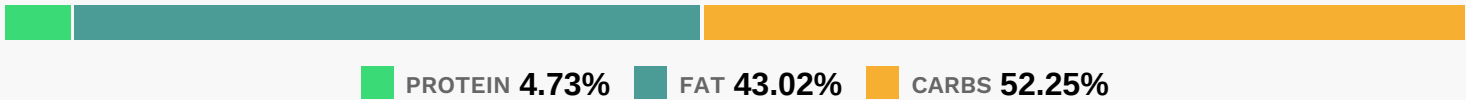
Equipment

- ☐ bowl
- ☐ oven
- ☐ microwave
- ☐ glass baking pan

Directions

- ☐ Mix first 7 ingredients in large bowl.
- ☐ Add butter and rub in with fingertips until small moist clumps form. Cover and refrigerate 20 minutes. (Can be made 3 days ahead. Keep refrigerated.)
- ☐ Microwave ice cream in 5-second intervals just until slightly softened.
- ☐ Mix ice cream and ginger in medium bowl to blend. Cover and freeze. (Can be made 1 day ahead. Keep frozen.)
- ☐ Preheat oven to 400°F. Toss plums, sugar, cornstarch, and vanilla in bowl.
- ☐ Let stand until sugar dissolves, tossing occasionally, about 5 minutes.
- ☐ Transfer plum mixture to 11x7-inch glass baking dish.
- ☐ Sprinkle topping over.
- ☐ Bake until topping is dark golden brown and fruit is bubbling, about 40 minutes.
- ☐ Transfer crisp to rack and cool slightly, about 30 minutes.
- ☐ Scoop warm crisp into shallow bowls. Top each with scoop of ice cream.

Nutrition Facts



Properties

Glycemic Index:56.63, Glycemic Load:36.02, Inflammation Score:-8, Nutrition Score:14.726087020791%

Flavonoids

Cyanidin: 11.17mg, Cyanidin: 11.17mg, Cyanidin: 11.17mg, Cyanidin: 11.17mg Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg Catechin: 5.46mg, Catechin: 5.46mg, Catechin: 5.46mg, Catechin: 5.46mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 6.05mg, Epicatechin: 6.05mg, Epicatechin: 6.05mg, Epicatechin: 6.05mg Epicatechin 3–gallate: 1.44mg, Epicatechin 3–gallate: 1.44mg, Epicatechin 3–gallate: 1.44mg, Epicatechin 3–gallate: 1.44mg Epigallocatechin 3–gallate: 0.76mg, Epigallocatechin 3–gallate: 0.76mg, Epigallocatechin 3–gallate: 0.76mg, Epigallocatechin 3–gallate: 0.76mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg Gallocatechin: 0.17mg, Gallocatechin: 0.17mg, Gallocatechin: 0.17mg, Gallocatechin: 0.17mg

Nutrients (% of daily need)

Calories: 677.15kcal (33.86%), Fat: 33.5g (51.53%), Saturated Fat: 13.84g (86.48%), Carbohydrates: 91.54g (30.51%), Net Carbohydrates: 86.61g (31.5%), Sugar: 74.99g (83.32%), Cholesterol: 64.8mg (21.6%), Sodium: 168.55mg (7.33%), Alcohol: 0.23g (100%), Alcohol %: 0.08% (100%), Protein: 8.29g (16.58%), Manganese: 0.92mg (45.93%), Vitamin A: 1338.5IU (26.77%), Copper: 0.47mg (23.34%), Vitamin C: 18.69mg (22.66%), Fiber: 4.93g (19.73%), Phosphorus: 196.67mg (19.67%), Vitamin B2: 0.33mg (19.29%), Potassium: 582.33mg (16.64%), Vitamin B1: 0.23mg (15.66%), Calcium: 153.93mg (15.39%), Magnesium: 60.01mg (15%), Vitamin K: 13.92µg (13.26%), Folate: 52.32µg (13.08%), Vitamin B6: 0.21mg (10.56%), Zinc: 1.44mg (9.6%), Selenium: 6.46µg (9.23%), Vitamin B5: 0.91mg (9.11%), Iron: 1.63mg (9.04%), Vitamin B3: 1.75mg (8.77%), Vitamin E: 1.2mg (8%), Vitamin B12: 0.33µg (5.52%), Vitamin D: 0.37µg (2.45%)