

Plum Berry Crisp

 Vegetarian

READY IN



50 min.

SERVINGS



4

CALORIES



390 kcal

DESSERT

Ingredients

- ☐ 5 ounces blackberries
- ☐ 5 ounces blueberries
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup brown sugar light packed
- ☐ 1.5 pounds purple plums cut into 1/2-inch wedges
- ☐ 1 cup rolled oats
- ☐ 0.3 teaspoon salt
- ☐ 0.5 stick butter unsalted softened cut into bits and

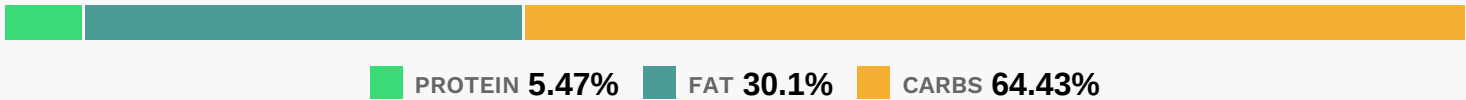
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 425°F with rack in upper third.
- ☐ Toss together all filling ingredients in a 2-quart shallow baking dish and bake 10 minutes.
- ☐ Meanwhile, blend together all topping ingredients in a bowl with your fingertips until butter is evenly distributed and mixture is crumbly.
- ☐ Stir fruit filling, then sprinkle oat mixture over it and bake until topping is crisp and golden and fruit is bubbling, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:54.67, Glycemic Load:17.66, Inflammation Score:-8, Nutrition Score:14.223913028188%

Flavonoids

Cyanidin: 47.99mg, Cyanidin: 47.99mg, Cyanidin: 47.99mg, Cyanidin: 47.99mg Petunidin: 11.17mg, Petunidin: 11.17mg, Petunidin: 11.17mg, Petunidin: 11.17mg Delphinidin: 12.56mg, Delphinidin: 12.56mg, Delphinidin: 12.56mg, Delphinidin: 12.56mg Malvidin: 23.95mg, Malvidin: 23.95mg, Malvidin: 23.95mg, Malvidin: 23.95mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 7.79mg, Peonidin: 7.79mg, Peonidin: 7.79mg, Peonidin: 7.79mg Catechin: 19.92mg, Catechin: 19.92mg, Catechin: 19.92mg, Catechin: 19.92mg Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg Epicatechin: 7.31mg, Epicatechin: 7.31mg, Epicatechin: 7.31mg, Epicatechin: 7.31mg Epicatechin 3-gallate: 1.29mg, Epicatechin 3-gallate: 1.29mg, Epicatechin 3-gallate: 1.29mg, Epicatechin 3-gallate: 1.29mg Epigallocatechin 3-gallate: 0.92mg, Epigallocatechin 3-gallate: 0.92mg, Epigallocatechin 3-gallate: 0.92mg, Epigallocatechin 3-gallate: 0.92mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg Gallocatechin: 0.2mg, Gallocatechin: 0.2mg, Gallocatechin: 0.2mg, Gallocatechin: 0.2mg

Nutrients (% of daily need)

Calories: 389.89kcal (19.49%), Fat: 13.62g (20.96%), Saturated Fat: 7.54g (47.1%), Carbohydrates: 65.61g (21.87%), Net Carbohydrates: 58.24g (21.18%), Sugar: 40.15g (44.61%), Cholesterol: 30.37mg (10.12%), Sodium: 154.11mg (6.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.57g (11.14%), Manganese: 1.24mg (61.91%), Vitamin C: 27.04mg (32.77%), Fiber: 7.37g (29.47%), Vitamin K: 26.16µg (24.91%), Vitamin A: 1034.79IU (20.7%), Vitamin B1: 0.22mg (14.87%), Copper: 0.28mg (13.86%), Phosphorus: 134.93mg (13.49%), Magnesium: 52.75mg (13.19%), Potassium: 461.29mg (13.18%), Selenium: 9.05µg (12.92%), Iron: 1.97mg (10.92%), Folate: 40.88µg (10.22%), Vitamin E: 1.48mg (9.84%), Vitamin B3: 1.8mg (9%), Vitamin B2: 0.14mg (8.4%), Zinc: 1.23mg (8.17%), Vitamin B5: 0.67mg (6.72%), Vitamin B6: 0.11mg (5.5%), Calcium: 53.02mg (5.3%), Vitamin D: 0.21µg (1.41%)