



Plum Oatmeal Crisp

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



425 kcal

DESSERT

Ingredients

- 0.5 cup flour all-purpose (spooned and leveled)
- 1 cup brown sugar packed
- 0.5 cup rolled oats (not quick-cooking)
- 0.3 teaspoon salt
- 0.5 cup butter unsalted cold cut into small pieces (1 stick)
- 2.5 pounds plums ripe cut into 1-inch pieces (8)

Equipment

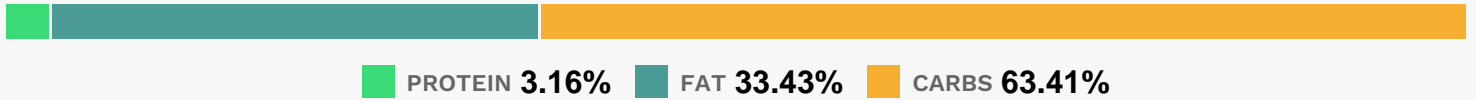
- bowl

- baking sheet
- oven
- blender
- baking pan

Directions

- Preheat oven to 375 degrees. In a medium bowl, stir together 1/2 cup flour, 1 cup sugar, oats, and salt. Using a pastry blender or two knives, cut in butter until coarse crumbs form.
- In a shallow 2-quart baking dish, toss plums with remaining 2 tablespoons sugar and 1 tablespoon flour; sprinkle with oat topping.
- Place dish on a rimmed baking sheet.
- Bake until topping is golden brown, 40 to 45 minutes.
- Let cool 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:25.61, Glycemic Load:14.62, Inflammation Score:-7, Nutrition Score:8.855652163858%

Flavonoids

Cyanidin: 10.64mg, Cyanidin: 10.64mg, Cyanidin: 10.64mg, Cyanidin: 10.64mg 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: 425.43kcal (21.27%), Fat: 16.42g (25.25%), Saturated Fat: 9.84g (61.5%), Carbohydrates: 70.05g (23.35%), Net Carbohydrates: 66.44g (24.16%), Sugar: 54.42g (60.47%), Cholesterol: 40.67mg (13.56%), Sodium: 109.86mg (4.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.5g (6.99%), Vitamin A: 1124.77IU (22.5%), Manganese: 0.44mg (21.95%), Vitamin C: 17.95mg (21.76%), Fiber: 3.61g (14.44%), Vitamin K: 13.59µg (12.94%), Vitamin B1: 0.17mg

(11.11%), Potassium: 385.66mg (11.02%), Selenium: 6.11µg (8.73%), Copper: 0.17mg (8.47%), Folate: 31.61µg (7.9%), Vitamin B3: 1.53mg (7.64%), Iron: 1.36mg (7.54%), Phosphorus: 75.2mg (7.52%), Magnesium: 28.53mg (7.13%), Vitamin B2: 0.12mg (6.91%), Vitamin E: 0.96mg (6.43%), Calcium: 51.45mg (5.14%), Vitamin B5: 0.45mg (4.46%), Vitamin B6: 0.08mg (4.09%), Zinc: 0.54mg (3.57%), Vitamin D: 0.28µg (1.89%)