



## Raspberry-Cherry Lambic Crisp

 Dairy Free

READY IN



35 min.

SERVINGS



9

CALORIES



249 kcal

### Ingredients

- 0.3 cup cornstarch
- 0.8 cup framboise eau de vie
- 10 oz cherries sweet frozen organic cascadian farm®
- 20 oz raspberries frozen organic cascadian farm®
- 1 cup cherries dried
- 6 oz crunchy peanut butter crushed
- 1 cup whipped cream
- 1 tablespoon framboise eau de vie

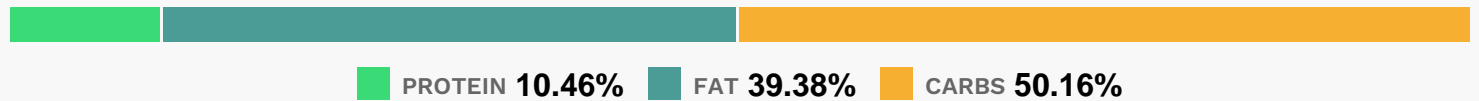
### Equipment

- sauce pan
- oven
- baking pan

## Directions

- Heat oven to 375°F. In 2–quart saucepan, stir together cornstarch and 3/4 cup beer. Stir in frozen cherries. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Stir in raspberries and dried cherries.
- Spoon fruit mixture into ungreased 8–inch square baking dish.
- Sprinkle crushed granola bars over top.
- Bake 20 to 25 minutes or until golden brown on top.
- Mix topping ingredients. Spoon topping over servings of warm crisp.

## Nutrition Facts



## Properties

Glycemic Index:11.44, Glycemic Load:2.31, Inflammation Score:-6, Nutrition Score:9.6621740797292%

## Flavonoids

Cyanidin: 38.35mg, Cyanidin: 38.35mg, Cyanidin: 38.35mg, Cyanidin: 38.35mg Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.83mg, Delphinidin: 0.83mg, Delphinidin: 0.83mg, Delphinidin: 0.83mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.7mg, Pelargonidin: 0.7mg, Pelargonidin: 0.7mg Peonidin: 0.55mg, Peonidin: 0.55mg, Peonidin: 0.55mg, Peonidin: 0.55mg Catechin: 2.2mg, Catechin: 2.2mg, Catechin: 2.2mg, Catechin: 2.2mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 3.79mg, Epicatechin: 3.79mg, Epicatechin: 3.79mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.34mg, Epigallocatechin 3–gallate: 0.34mg, Epigallocatechin 3–gallate: 0.34mg, Epigallocatechin 3–gallate: 0.34mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

## Nutrients (% of daily need)

Calories: 248.94kcal (12.45%), Fat: 11.39g (17.53%), Saturated Fat: 2.38g (14.9%), Carbohydrates: 32.65g (10.88%), Net Carbohydrates: 25.08g (9.12%), Sugar: 15.91g (17.68%), Cholesterol: 5.07mg (1.69%), Sodium: 95.49mg (4.15%), Alcohol: 0.53g (100%), Alcohol %: 0.43% (100%), Protein: 6.81g (13.62%), Manganese: 0.79mg (39.31%), Fiber: 7.57g (30.27%), Vitamin C: 18.71mg (22.68%), Vitamin B3: 3.02mg (15.09%), Magnesium: 48.4mg (12.1%), Vitamin E: 1.8mg (12.02%), Vitamin A: 564.73IU (11.29%), Copper: 0.19mg (9.36%), Phosphorus: 91.57mg (9.16%), Potassium: 315.77mg (9.02%), Folate: 32.08µg (8.02%), Vitamin B6: 0.13mg (6.59%), Iron: 1.15mg (6.36%), Zinc: 0.84mg (5.6%), Vitamin K: 5.8µg (5.52%), Vitamin B5: 0.5mg (5.02%), Calcium: 47.28mg (4.73%), Vitamin B2: 0.06mg (3.51%), Vitamin B1: 0.05mg (3.41%), Selenium: 1.87µg (2.67%)