



Raspberry-Cherry Lambic Crisp



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



9

CALORIES



245 kcal

Ingredients

- ☐ 6 oz almonds crushed
- ☐ 0.8 cup beer
- ☐ 1 tablespoon beer
- ☐ 10 oz cherries sweet frozen organic cascadian farm®
- ☐ 0.3 cup cornstarch
- ☐ 1 cup cherries dried
- ☐ 20 oz raspberries frozen organic cascadian farm®
- ☐ 1 cup whipped cream

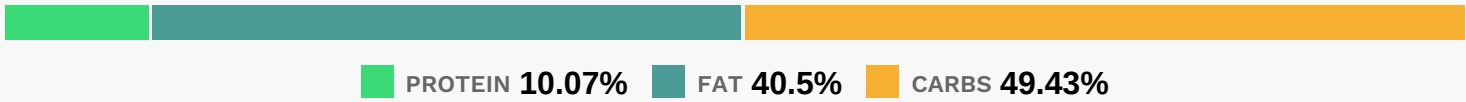
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 375F. 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:21.56, Glycemic Load:2.78, Inflammation Score:-7, Nutrition Score:11.849130415398%

Flavonoids

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Nutrients (% of daily need)

Calories: 244.71kcal (12.24%), Fat: 11.39g (17.52%), Saturated Fat: 1.66g (10.4%), Carbohydrates: 31.28g (10.43%), Net Carbohydrates: 22.86g (8.31%), Sugar: 15.14g (16.83%), Cholesterol: 5.07mg (1.69%), Sodium: 4.68mg (0.2%), Alcohol: 0.83g (100%), Alcohol %: 0.67% (100%), Protein: 6.37g (12.74%), Manganese: 0.88mg (43.98%), Vitamin E: 5.45mg (36.34%), Fiber: 8.42g (33.67%), Vitamin C: 18.71mg (22.68%), Magnesium: 70.47mg (17.62%), Vitamin B2: 0.26mg (15.26%), Copper: 0.27mg (13.69%), Phosphorus: 125.17mg (12.52%), Vitamin A: 564.92IU (11.3%), Potassium: 319.26mg (9.12%), Calcium: 90.46mg (9.05%), Iron: 1.49mg (8.29%), Vitamin B3: 1.22mg (6.12%), Folate: 24.29µg (6.07%), Zinc: 0.91mg (6.03%), Vitamin K: 5.7µg (5.43%), Vitamin B1: 0.07mg (4.73%), Vitamin B6: 0.09mg (4.43%), Vitamin B5: 0.39mg (3.88%), Selenium: 1.22µg (1.75%)