

## Raspberry Crisp

READY IN



40 min.

SERVINGS



8

CALORIES



379 kcal

DESSERT

### Ingredients

- 0.3 cup brown sugar
- 0.8 sticks butter cut into small pieces
- 1 Tablespoon cornstarch ()
- 1 cup flour all-purpose
- 0.3 cup rolled oats
- 0.3 cup pecans chopped
- 2.5 cups raspberries
- 0.3 cup sugar
- 1 teaspoon vanilla extract

8 servings whipped cream for serving

## Equipment

food processor

bowl

oven

baking pan

pie form

pastry cutter

## Directions

Preheat oven to 350 degrees. In a medium bowl, combine (rinsed) raspberries, corn starch, 2/3 cups sugar, and vanilla. Stir and set aside. In a separate bowl (or food processor) combine flour, 1/4 cup sugar, brown sugar, oats, pecans, dash of salt, and butter pieces.

Cut together with a pastry cutter (or pulse in food processor) until mixture resembles coarse crumbs.

Add berry mixture to a small baking dish or pie pan.

Sprinkle topping mixture all over the top.

Bake for 25 to 30 minutes, or until topping is golden brown. Allow to sit for ten minutes before serving. Scoop out with a spoon and top with sweetened whipped cream or vanilla ice cream.

## Nutrition Facts



**PROTEIN 5.42%** **FAT 43.89%** **CARBS 50.69%**

## Properties

Glycemic Index:41.51, Glycemic Load:23.53, Inflammation Score:-5, Nutrition Score:9.1813043563262%

## Flavonoids

Cyanidin: 17.5mg, Cyanidin: 17.5mg, Cyanidin: 17.5mg, Cyanidin: 17.5mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg

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0.27mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.39mg,  
Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

## **Nutrients (% of daily need)**

Calories: 378.57kcal (18.93%), Fat: 18.72g (28.8%), Saturated Fat: 10.19g (63.67%), Carbohydrates: 48.63g (16.21%),  
Net Carbohydrates: 44.66g (16.24%), Sugar: 28.82g (32.03%), Cholesterol: 51.82mg (17.27%), Sodium: 123.93mg  
(5.39%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 5.2g (10.41%), Manganese: 0.63mg (31.56%), Fiber:  
3.97g (15.87%), Vitamin B2: 0.26mg (15.55%), Vitamin B1: 0.2mg (13.22%), Vitamin C: 10.26mg (12.43%), Phosphorus:  
122.45mg (12.24%), Selenium: 7.91µg (11.3%), Vitamin A: 556.71IU (11.13%), Calcium: 108.51mg (10.85%), Folate:  
41.92µg (10.48%), Magnesium: 30.25mg (7.56%), Iron: 1.32mg (7.36%), Potassium: 242.18mg (6.92%), Zinc: 1mg  
(6.66%), Vitamin B5: 0.66mg (6.61%), Vitamin B3: 1.31mg (6.56%), Copper: 0.13mg (6.31%), Vitamin E: 0.84mg  
(5.58%), Vitamin B12: 0.28µg (4.59%), Vitamin K: 4.09µg (3.89%), Vitamin B6: 0.07mg (3.62%)