



Raspberry-Mango Crisp

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



268 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter chilled cut into small pieces
- ☐ 0.5 cup flour all-purpose
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.1 teaspoon ground cardamom
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 cup brown sugar light packed
- ☐ 0.5 cup brown sugar light packed

- ☐ 3 cups mangos peeled chopped (3)
- ☐ 0.8 cup regular oats
- ☐ 4 cups raspberries
- ☐ 0.5 teaspoon vanilla extract

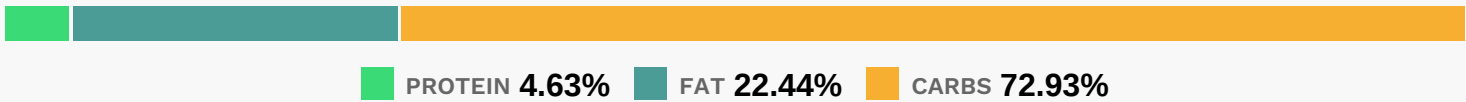
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ To prepare filling, combine the first 7 ingredients. Spoon into an 11 x 7-inch baking dish coated with cooking spray.
- ☐ To prepare topping, lightly spoon 1/2 cup flour into a dry measuring cup; level with a knife.
- ☐ Combine 1/2 cup flour, oats, 1/2 cup sugar, and cinnamon in a medium bowl.
- ☐ Add butter to oat mixture; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Sprinkle topping evenly over filling.
- ☐ Bake at 400 for 25 minutes or until bubbly and lightly browned.

Nutrition Facts



Properties

Glycemic Index:40.97, Glycemic Load:11.72, Inflammation Score:-7, Nutrition Score:10.974782599703%

Flavonoids

Cyanidin: 27.52mg, Cyanidin: 27.52mg, Cyanidin: 27.52mg, Cyanidin: 27.52mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.6mg, Pelargonidin: 0.6mg, Pelargonidin: 0.6mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 268.27kcal (13.41%), Fat: 6.97g (10.72%), Saturated Fat: 3.81g (23.84%), Carbohydrates: 50.93g (16.98%), Net Carbohydrates: 44.95g (16.35%), Sugar: 33.5g (37.22%), Cholesterol: 15.25mg (5.08%), Sodium: 53.94mg (2.35%), Alcohol: 0.09g (100%), Alcohol %: 0.06% (100%), Protein: 3.24g (6.47%), Vitamin C: 38.25mg (46.37%), Manganese: 0.84mg (42.16%), Fiber: 5.98g (23.91%), Vitamin A: 866.95IU (17.34%), Folate: 58.11µg (14.53%), Vitamin B1: 0.14mg (9.38%), Copper: 0.18mg (8.84%), Selenium: 6.04µg (8.63%), Magnesium: 34.32mg (8.58%), Vitamin E: 1.28mg (8.56%), Iron: 1.43mg (7.96%), Vitamin K: 7.99µg (7.61%), Potassium: 265.69mg (7.59%), Vitamin B3: 1.41mg (7.06%), Phosphorus: 69.55mg (6.96%), Vitamin B6: 0.13mg (6.42%), Vitamin B2: 0.1mg (6.13%), Calcium: 49.27mg (4.93%), Vitamin B5: 0.48mg (4.82%), Zinc: 0.67mg (4.44%)