



Raspberry-Rhubarb Crisp

 Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



402 kcal

DESSERT

Ingredients

- ☐ 0.3 lb butter cold cut into chunks
- ☐ 2 tablespoons cornstarch
- ☐ 0.5 cup flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 cup brown sugar light packed
- ☐ 18 oz raspberries rinsed drained

- ☐ 3 cups rhubarb thick sliced (cut)
- ☐ 1 cup regular rolled oats
- ☐ 0.1 teaspoon salt
- ☐ 2.5 oz walnuts finely chopped

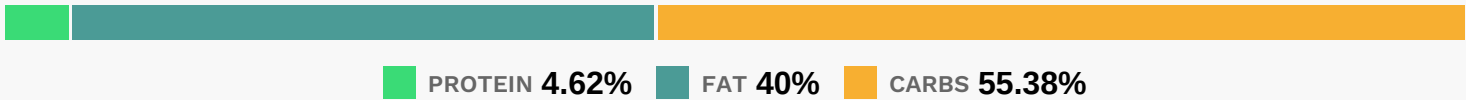
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine oats, flour, walnuts, brown sugar, cinnamon, ginger, and salt in a large bowl. With your fingers, rub butter into oat mixture until blended and coarse lumps form. Cover and chill.
- ☐ Combine granulated sugar and cornstarch in another large bowl.
- ☐ Add raspberries and rhubarb and toss gently to combine with cornstarch mixture.
- ☐ Pour into a shallow 2- to 3-qt. baking dish and sprinkle evenly with topping.
- ☐ Bake crisp until topping is golden brown and fruit is bubbling, about 45 minutes.
- ☐ Serve warm or at room temperature, with ice cream.

Nutrition Facts



Properties

Glycemic Index:37.39, Glycemic Load:20.93, Inflammation Score:-6, Nutrition Score:12.231739040302%

Flavonoids

Cyanidin: 29.44mg, Cyanidin: 29.44mg, Cyanidin: 29.44mg, Cyanidin: 29.44mg Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.63mg, Pelargonidin: 0.63mg, Pelargonidin: 0.63mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg

0.08mg, Peonidin: 0.08mg Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg
Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg
Epicatechin: 2.48mg, Epicatechin: 2.48mg, Epicatechin: 2.48mg, Epicatechin: 2.48mg Epicatechin 3–gallate:
0.27mg, Epicatechin 3–gallate: 0.27mg, Epicatechin 3–gallate: 0.27mg, Epicatechin 3–gallate: 0.27mg
Epigallocatechin 3–gallate: 0.34mg, Epigallocatechin 3–gallate: 0.34mg, Epigallocatechin 3–gallate: 0.34mg,
Epigallocatechin 3–gallate: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol:
0.04mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 401.98kcal (20.1%), Fat: 18.58g (28.59%), Saturated Fat: 7.99g (49.96%), Carbohydrates: 57.89g (19.3%),
Net Carbohydrates: 50.99g (18.54%), Sugar: 35.74g (39.71%), Cholesterol: 30.48mg (10.16%), Sodium: 135.15mg
(5.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.65%), Manganese: 1.31mg (65.74%), Fiber: 6.9g
(27.6%), Vitamin C: 20.49mg (24.84%), Vitamin K: 19.88µg (18.93%), Copper: 0.27mg (13.43%), Magnesium: 51.15mg
(12.79%), Vitamin B1: 0.17mg (11.23%), Phosphorus: 110.05mg (11%), Folate: 43.41µg (10.85%), Selenium: 7.19µg
(10.27%), Iron: 1.75mg (9.7%), Potassium: 336.52mg (9.61%), Calcium: 86.88mg (8.69%), Vitamin A: 424.12IU
(8.48%), Vitamin E: 1.12mg (7.46%), Zinc: 1.04mg (6.92%), Vitamin B2: 0.11mg (6.72%), Vitamin B3: 1.23mg (6.14%),
Vitamin B6: 0.11mg (5.71%), Vitamin B5: 0.48mg (4.82%)