



Rhubarb Raspberry Crisp

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



660 kcal

DESSERT

Ingredients

- 1.5 pounds rhubarb cut into 1-inch pieces (4 cups)
- 0.7 cup granulated sugar
- 1 orange juice
- 1 cup flour all-purpose
- 0.5 cup t brown sugar dark
- 0.5 teaspoon cinnamon
- 8 tablespoons butter unsalted cold cut into small pieces (1 stick)
- 0.5 cup rolled oats

0.5 pint raspberries fresh

Equipment

bowl

oven

baking pan

Directions

Heat oven to 350 degrees.

Combine rhubarb, granulated sugar, and orange zest and juice in a large bowl. Stir to combine.

In another bowl, combine flour, brown sugar, and cinnamon. Rub butter into flour mixture with your fingers until it is well incorporated and large crumbs form.

Add oats and nuts and combine.

Turn rhubarb into a 1 1/2-quart baking dish, scatter raspberries evenly over surface, and cover with crumb topping.

Bake until topping is brown and crisp and juices are bubbling, about 45 minutes.

Let cool slightly before serving.

Nutrition Facts



PROTEIN 4.23% **FAT 32.51%** **CARBS 63.26%**

Properties

Glycemic Index:70.27, Glycemic Load:45.09, Inflammation Score:-8, Nutrition Score:19.618261039257%

Flavonoids

Cyanidin: 27.07mg, Cyanidin: 27.07mg, Cyanidin: 27.07mg, Cyanidin: 27.07mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.47mg, Catechin: 4.47mg, Catechin: 4.47mg, Catechin: 4.47mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 2.95mg, Epicatechin: 2.95mg, Epicatechin: 2.95mg, Epicatechin: 2.95mg Epicatechin 3-gallate: 1.02mg, Epicatechin 3-gallate: 1.02mg, Epicatechin 3-gallate: 1.02mg, Epicatechin 3-gallate: 1.02mg

Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 659.6kcal (32.98%), Fat: 24.54g (37.76%), Saturated Fat: 14.65g (91.56%), Carbohydrates: 107.43g (35.81%), Net Carbohydrates: 98.49g (35.81%), Sugar: 65.89g (73.22%), Cholesterol: 60.2mg (20.07%), Sodium: 19.92mg (0.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.19g (14.39%), Manganese: 1.38mg (68.83%), Vitamin K: 56.8µg (54.1%), Vitamin C: 36.61mg (44.38%), Fiber: 8.94g (35.75%), Vitamin B1: 0.36mg (23.99%), Selenium: 16.34µg (23.35%), Folate: 90.39µg (22.6%), Potassium: 724.36mg (20.7%), Calcium: 205.06mg (20.51%), Vitamin A: 923.47IU (18.47%), Iron: 2.93mg (16.29%), Vitamin B2: 0.26mg (15.53%), Magnesium: 59.12mg (14.78%), Vitamin B3: 2.93mg (14.64%), Phosphorus: 126.8mg (12.68%), Vitamin E: 1.7mg (11.31%), Copper: 0.2mg (10.04%), Zinc: 1.05mg (7.03%), Vitamin B5: 0.69mg (6.86%), Vitamin B6: 0.12mg (5.79%), Vitamin D: 0.42µg (2.8%)