



Rhubarb-Strawberry Crisp

 Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



460 kcal

DESSERT

Ingredients

- 0.8 cup brown sugar divided packed
- 0.3 cup butter cold cut into small pieces
- 0.3 cup flour divided
- 3 cups honey-flavored multi-grain cereal flakes with oat clusters and almonds, coarsely crushed
- 2 cups rhubarb fresh (1/)
- 2 cups strawberries halved
- 0.8 cup cool whip whipped topping thawed

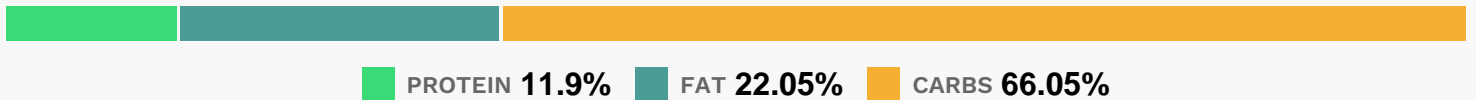
Equipment

- bowl
- oven
- blender
- baking pan

Directions

- Heat oven to 350F.
- Toss fruit with 3/4 cup sugar and 2 Tbsp. flour in large bowl; spoon into 9-inch square baking dish.
- Combine remaining flour and sugar in separate large bowl.
- Cut in butter with pastry blender or 2 knives until mixture resembles coarse crumbs.
- Add cereal; mx lightly.
- Sprinkle over fruit mixture.
- Bake 30 min. or until fruit mixture is hot and bubbly and crumb topping is lightly browned. Cool.
- Serve topped with COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:28.24, Glycemic Load:29.74, Inflammation Score:-7, Nutrition Score:20.454347813907%

Flavonoids

Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Pelargonidin: 10.22mg, Pelargonidin: 10.22mg, Pelargonidin: 10.22mg, Pelargonidin: 10.22mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.04mg, Catechin: 2.04mg, Catechin: 2.04mg, Catechin: 2.04mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg

Naringenin: 0.11mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 460.14kcal (23.01%), Fat: 11.42g (17.56%), Saturated Fat: 3.04g (18.97%), Carbohydrates: 76.94g (25.65%), Net Carbohydrates: 69.29g (25.2%), Sugar: 31.64g (35.16%), Cholesterol: 0.16mg (0.05%), Sodium: 547.01mg (23.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.86g (27.73%), Manganese: 2.44mg (121.87%), Selenium: 28.7µg (41%), Vitamin C: 27mg (32.72%), Fiber: 7.65g (30.62%), Vitamin B1: 0.45mg (30.05%), Vitamin B3: 5.05mg (25.27%), Phosphorus: 243.29mg (24.33%), Calcium: 230.21mg (23.02%), Magnesium: 91.51mg (22.88%), Vitamin K: 19.3µg (18.38%), Iron: 3.22mg (17.91%), Folate: 63.63µg (15.91%), Copper: 0.27mg (13.73%), Potassium: 464.47mg (13.27%), Vitamin B6: 0.26mg (13.03%), Vitamin B2: 0.22mg (12.95%), Zinc: 1.92mg (12.82%), Vitamin B5: 0.83mg (8.34%), Vitamin E: 1.06mg (7.03%), Vitamin A: 339.47IU (6.79%)