



Rhubarb-Strawberry Crisp

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



303 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 6 tablespoons butter chilled cut into small pieces
- ☐ 3 tablespoons cornstarch
- ☐ 3 ounces flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup regular oats

- ☐ 1 teaspoon orange rind grated
- ☐ 6 cups rhubarb 2 pounds
- ☐ 1 Dash salt
- ☐ 2.5 cups strawberries halved

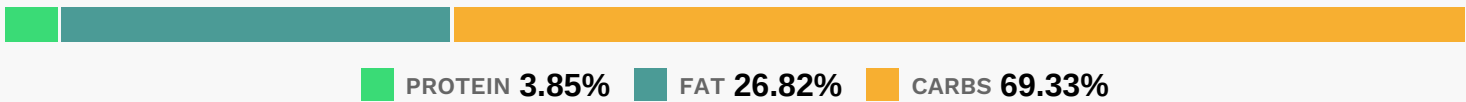
Equipment

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

Directions

- ☐ Preheat oven to 37
- ☐ To prepare filling, combine the first 6 ingredients. Spoon into a 13 x 9inch baking dish coated with cooking spray.
- ☐ To prepare topping, lightly spoon flour into dry measuring cups.
- ☐ Combine flour and next 4 ingredients (through salt) in a medium bowl; cut in butter with a pastry blender or 2 knives until mixture is crumbly.
- ☐ Sprinkle topping over filling.
- ☐ Bake at 375 for 30 minutes or until bubbly.
- ☐ Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:37.26, Glycemic Load:21.48, Inflammation Score:-5, Nutrition Score:9.6530433659968%

Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Pelargonidin: 11.18mg, Pelargonidin: 11.18mg, Pelargonidin: 11.18mg, Pelargonidin: 11.18mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 3.39mg, Catechin: 3.39mg, Catechin: 3.39mg, Catechin: 3.39mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Epicatechin 3-gallate: 0.62mg, Epicatechin 3-gallate: 0.62mg, Epicatechin 3-gallate: 0.62mg, Epicatechin 3-gallate: 0.62mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 303.38kcal (15.17%), Fat: 9.33g (14.36%), Saturated Fat: 5.53g (34.54%), Carbohydrates: 54.28g (18.09%), Net Carbohydrates: 50.78g (18.46%), Sugar: 35.35g (39.27%), Cholesterol: 22.58mg (7.53%), Sodium: 81.32mg (3.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.03%), Vitamin C: 34.13mg (41.37%), Manganese: 0.65mg (32.67%), Vitamin K: 28.73µg (27.36%), Fiber: 3.5g (14%), Potassium: 384.7mg (10.99%), Calcium: 106.58mg (10.66%), Folate: 38.82µg (9.71%), Selenium: 6.73µg (9.61%), Vitamin B1: 0.14mg (9.12%), Vitamin A: 362.73IU (7.25%), Magnesium: 27.87mg (6.97%), Iron: 1.24mg (6.86%), Vitamin B2: 0.11mg (6.19%), Phosphorus: 59.5mg (5.95%), Vitamin B3: 1.16mg (5.78%), Vitamin E: 0.65mg (4.36%), Copper: 0.09mg (4.3%), Vitamin B6: 0.06mg (2.98%), Zinc: 0.43mg (2.9%), Vitamin B5: 0.27mg (2.69%)