



Single-Serving Fruit Crisp



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



234 kcal

DESSERT

Ingredients

- ☐ 1.5 tbsp agave nectar
- ☐ 0.5 cup blueberries frozen rinsed
- ☐ 1 dash cinnamon
- ☐ 3 tbsp rolled oats
- ☐ 1 tbsp flour whole wheat

Equipment

- ☐ oven
- ☐ mixing bowl

☐ ramekin

Directions

- ☐ Preheat 400F.
- ☐ Place frozen fruit (such as blueberries) in a ramekin or small oven-safe dish. In a small mixing bowl, combine agave with oats, flour and cinnamon. Pat down on top of fruit and bake until crisp, 5-10 minutes.

- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ 30g
- ☐ Carbohydrate
- ☐ gDietary Fiber3.70gSugars33.30gProtein3.50g

Nutrition Facts



Properties

Glycemic Index:100, Glycemic Load:11.34, Inflammation Score:-4, Nutrition Score:10.288695744846%

Flavonoids

Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 234.32kcal (11.72%), Fat: 1.75g (2.69%), Saturated Fat: 0.25g (1.59%), Carbohydrates: 52.83g (17.61%), Net Carbohydrates: 47.89g (17.41%), Sugar: 29.02g (32.24%), Cholesterol: 0mg (0%), Sodium: 3.32mg (0.14%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.83%), Manganese: 1.36mg (68.15%), Vitamin K: 22.17µg (21.12%), Fiber: 4.94g (19.75%), Vitamin C: 12.57mg (15.24%), Selenium: 10.17µg (14.53%), Vitamin B1: 0.18mg (12.26%), Phosphorus: 108.63mg (10.86%), Magnesium: 39.78mg (9.95%), Vitamin B6: 0.16mg (8.01%), Iron: 1.34mg (7.42%), Copper: 0.15mg (7.37%), Vitamin B2: 0.12mg (7.19%), Zinc: 0.98mg (6.51%), Vitamin E: 0.88mg (5.86%), Folate: 22.79µg (5.7%), Vitamin B3: 1.09mg (5.44%), Potassium: 153.12mg (4.37%), Vitamin B5: 0.34mg (3.39%), Calcium: 26.51mg (2.65%)