



Strawberry-Blueberry Crisp Baked in a Jar

 Vegetarian

READY IN



80 min.

SERVINGS



4

CALORIES



360 kcal

DESSERT

Ingredients

- 11 ounces blueberries fresh
- 3 tablespoons cornstarch
- 0.3 cup t brown sugar dark packed
- 0.3 cup flour all-purpose
- 0.3 cup granulated sugar
- 1 tablespoon juice of lemon freshly squeezed
- 0.5 teaspoon lemon zest finely grated
- 0.1 teaspoon salt fine

- 1.5 ounces slivered almonds finely chopped
- 11 ounces strawberries fresh washed hulled quartered
- 3 tablespoons butter unsalted cold cut into 6 pieces
- 0.3 teaspoon vanilla extract

Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- aluminum foil

Directions

- Heat the oven to 375°F and arrange a rack in the middle. Line a baking sheet with parchment paper or foil; set aside.
- Combine the blueberries, strawberries, granulated sugar, cornstarch, lemon zest, lemon juice, and vanilla in a large bowl and toss to coat the berries; set aside.
- Whisk the almonds, flour, brown sugar, and salt in a large bowl until evenly combined. Using your hands, blend the butter pieces thoroughly into the dry ingredients until you can form the mixture into a single ball, about 2 minutes. Divide the ball into 4 equal pieces and form the pieces into patties about 2 1/2 inches wide; set aside. Stir the berry mixture to redistribute the juices, then divide it among the jars.
- Place 1 almond-butter patty on top of the berries in each jar, pressing gently to compact the berries. Evenly space the jars on the prepared baking sheet and bake until the topping is dark golden brown and crispy and the liquid is bubbling around the edges of the jar, about 30 minutes.
- Let cool on a rack at least 30 minutes before serving. If not serving right away, let the crisps cool to room temperature, cover, and refrigerate for up to 4 days.

Nutrition Facts



PROTEIN 4.57% FAT 34.53% CARBS 60.9%

Properties

Glycemic Index:58.77, Glycemic Load:18.68, Inflammation Score:-7, Nutrition Score:12.689130257005%

Flavonoids

Cyanidin: 8.17mg, Cyanidin: 8.17mg, Cyanidin: 8.17mg, Cyanidin: 8.17mg Petunidin: 24.67mg, Petunidin: 24.67mg, Petunidin: 24.67mg, Petunidin: 24.67mg Delphinidin: 27.86mg, Delphinidin: 27.86mg, Delphinidin: 27.86mg, Delphinidin: 27.86mg Malvidin: 52.7mg, Malvidin: 52.7mg, Malvidin: 52.7mg, Malvidin: 52.7mg Pelargonidin: 19.37mg, Pelargonidin: 19.37mg, Pelargonidin: 19.37mg, Pelargonidin: 19.37mg Peonidin: 15.86mg, Peonidin: 15.86mg, Peonidin: 15.86mg, Peonidin: 15.86mg Catechin: 6.68mg, Catechin: 6.68mg, Catechin: 6.68mg, Catechin: 6.68mg Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg Myricetin: 1.05mg, Myricetin: 1.05mg, Myricetin: 1.05mg, Myricetin: 1.05mg Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 359.56kcal (17.98%), Fat: 14.44g (22.22%), Saturated Fat: 5.85g (36.53%), Carbohydrates: 57.3g (19.1%), Net Carbohydrates: 52.24g (19%), Sugar: 38.02g (42.24%), Cholesterol: 22.58mg (7.53%), Sodium: 80.24mg (3.49%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 4.3g (8.6%), Vitamin C: 55.18mg (66.88%), Manganese: 0.87mg (43.66%), Vitamin E: 3.65mg (24.31%), Fiber: 5.06g (20.25%), Vitamin K: 17.52µg (16.69%), Vitamin B2: 0.22mg (12.7%), Magnesium: 47.16mg (11.79%), Folate: 43.6µg (10.9%), Copper: 0.22mg (10.78%), Phosphorus: 91.83mg (9.18%), Vitamin B1: 0.13mg (8.82%), Potassium: 291.48mg (8.33%), Iron: 1.43mg (7.97%), Vitamin B3: 1.5mg (7.49%), Vitamin A: 314.31IU (6.29%), Calcium: 61.73mg (6.17%), Selenium: 3.99µg (5.7%), Vitamin B6: 0.1mg (5.17%), Zinc: 0.64mg (4.28%), Vitamin B5: 0.31mg (3.14%), Vitamin D: 0.16µg (1.05%)