



Strawberry Crisp



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



262 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 1 tablespoon juice of lemon
- ☐ 2 cups strawberries halved
- ☐ 0.5 cup sugar
- ☐ 1 stick butter unsalted

Equipment

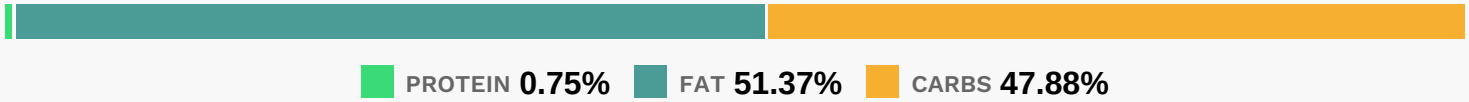
- ☐ bowl
- ☐ oven

☐ baking pan

Directions

- ☐ Combine the flour, sugar, brown sugar, oatmeal and butter in a bowl.
- ☐ Mix well until well combined.
- ☐ Pour the strawberry mixture in the baking dish.
- ☐ Sprinkle the topping evenly over the fruit.
- ☐ Bake until the topping is crisp and golden brown and the strawberry filling bubbles slowly, about 40 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:18.35, Glycemic Load:12.73, Inflammation Score:-4, Nutrition Score:3.8834782735161%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 261.56kcal (13.08%), Fat: 15.48g (23.81%), Saturated Fat: 9.68g (60.52%), Carbohydrates: 32.46g (10.82%), Net Carbohydrates: 31.49g (11.45%), Sugar: 30.91g (34.34%), Cholesterol: 40.49mg (13.5%), Sodium: 6.17mg

(0.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.01%), Vitamin C: 29.19mg (35.38%), Manganese: 0.19mg (9.74%), Vitamin A: 476.55IU (9.53%), Vitamin E: 0.58mg (3.87%), Fiber: 0.97g (3.87%), Folate: 12.71µg (3.18%), Potassium: 97.12mg (2.77%), Calcium: 22.66mg (2.27%), Vitamin K: 2.37µg (2.26%), Magnesium: 7.87mg (1.97%), Vitamin D: 0.28µg (1.88%), Phosphorus: 16.73mg (1.67%), Copper: 0.03mg (1.67%), Iron: 0.3mg (1.65%), Vitamin B6: 0.03mg (1.46%), Vitamin B2: 0.02mg (1.21%), Vitamin B3: 0.21mg (1.04%)