



Strawberry Rhubarb Crisp

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



569 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 cup brown sugar
- ☐ 1.3 sticks butter cut into pea-sized pieces
- ☐ 0.3 cup cornstarch
- ☐ 1 orange zest juiced
- ☐ 4 stalks rhubarb cut into 1/2-inch lengths
- ☐ 0.5 cup rolled oats
- ☐ 1 pinch salt

- ☐ 1 quart strawberries stemmed quartered
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoons water
- ☐ 1.3 cups flour whole-wheat

Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Whipped cream or ice cream, for serving
- ☐ Preheat the oven to 350 degrees F.
- ☐ Combine all of the ingredients in a large bowl and stir to be sure everything is well combined. Spoon the filling into 8 individual ramekins or 1 wide shallow baking dish.
- ☐ In a food processor combine the flour, oats and brown sugar and pulse to combine.
- ☐ Add the butter, vanilla and salt and pulse pulse pulse until the mixture looks dry and crumbly.
- ☐ Add 1 tablespoon of water and pulse until the mixture starts to come together and look crumbly. If the mixture still seems dry add 1 more tablespoon of water and pulse to combine.
- ☐ Crumble the topping over the filling.
- ☐ Bake in the preheated oven until the filling is hot and bubbly all the way through and the topping looks crispy and light brown, about 25 to 30 minutes.
- ☐ Serve warm with whipped cream or ice cream.
- ☐ It's berry delicious!

Nutrition Facts



Properties

Glycemic Index:43.85, Glycemic Load:17.36, Inflammation Score:-8, Nutrition Score:19.423478310523%

Flavonoids

Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 39.19mg, Pelargonidin: 39.19mg, Pelargonidin: 39.19mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 5.64mg, Catechin: 5.64mg, Catechin: 5.64mg, Catechin: 5.64mg Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Epicatechin 3-gallate: 0.44mg, Epicatechin 3-gallate: 0.44mg, Epicatechin 3-gallate: 0.44mg, Epicatechin 3-gallate: 0.44mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 569.39kcal (28.47%), Fat: 20.76g (31.94%), Saturated Fat: 12.33g (77.04%), Carbohydrates: 95.17g (31.72%), Net Carbohydrates: 87.78g (31.92%), Sugar: 61.35g (68.17%), Cholesterol: 50.61mg (16.87%), Sodium: 174.06mg (7.57%), Alcohol: 0.23g (100%), Alcohol %: 0.09% (100%), Protein: 5.87g (11.74%), Vitamin C: 98.18mg (119.01%), Manganese: 1.97mg (98.65%), Fiber: 7.38g (29.54%), Selenium: 19.35µg (27.65%), Magnesium: 73.27mg (18.32%), Phosphorus: 168.85mg (16.89%), Vitamin K: 15.69µg (14.94%), Potassium: 520.56mg (14.87%), Folate: 55.07µg (13.77%), Vitamin B1: 0.2mg (13.66%), Vitamin A: 652.56IU (13.05%), Iron: 2.26mg (12.57%), Copper: 0.24mg (11.85%), Calcium: 107.66mg (10.77%), Vitamin B6: 0.21mg (10.51%), Vitamin B3: 2.1mg (10.48%), Vitamin E: 1.31mg (8.71%), Zinc: 1.2mg (7.99%), Vitamin B2: 0.11mg (6.48%), Vitamin B5: 0.54mg (5.37%)