



Strawberry-Rhubarb Crisps with Cardamom and Nutmeg

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



369 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons all purpose flour
- ☐ 0.3 cup almonds sliced
- ☐ 0.5 cup brown sugar packed ()
- ☐ 0.5 teaspoon ground cardamom (scant)
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 cup old-fashioned oats
- ☐ 0.3 cup orange juice

- ☐ 1.5 teaspoons orange peel grated
- ☐ 1 pinch salt generous
- ☐ 2 cups strawberries halved
- ☐ 0.8 cup sugar
- ☐ 6 servings whipped cream sweetened
- ☐ 6 tablespoons butter unsalted chilled cut into 1/2-inch cubes ()

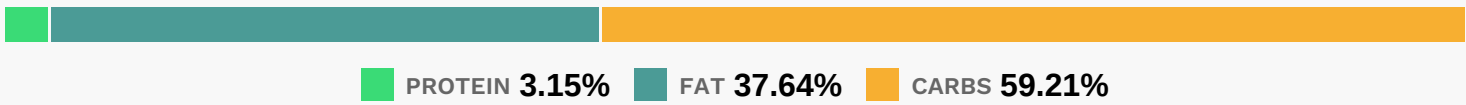
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Mix first 6 ingredients in medium bowl.
- ☐ Add butter; rub in with fingertips until moist clumps form.
- ☐ Preheat oven to 375°F. Butter six 1 1/4-cup custard cups.
- ☐ Combine all ingredients except whipped cream in large bowl; stir to blend.
- ☐ Let stand until juices form, about 15 minutes.
- ☐ Divide rhubarb mixture among prepared custard cups.
- ☐ Sprinkle topping evenly over mixture in each.
- ☐ Bake until topping is golden brown and crisp and filling is bubbling thickly around edges, about 45 minutes.
- ☐ Serve warm with sweetened whipped cream.

Nutrition Facts



Properties

Glycemic Index:69.52, Glycemic Load:22.69, Inflammation Score:-5, Nutrition Score:8.1091304317765%

Flavonoids

Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg 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: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg 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: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 369.02kcal (18.45%), Fat: 16g (24.61%), Saturated Fat: 8.33g (52.05%), Carbohydrates: 56.63g (18.88%), Net Carbohydrates: 54.13g (19.69%), Sugar: 47.05g (52.27%), Cholesterol: 34.66mg (11.55%), Sodium: 15.05mg (0.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.03%), Vitamin C: 35.83mg (43.43%), Manganese: 0.63mg (31.44%), Vitamin E: 1.85mg (12.32%), Fiber: 2.49g (9.97%), Magnesium: 34.66mg (8.67%), Vitamin A: 426.51IU (8.53%), Phosphorus: 78.86mg (7.89%), Vitamin B2: 0.11mg (6.47%), Folate: 25.64µg (6.41%), Copper: 0.13mg (6.35%), Vitamin B1: 0.09mg (5.95%), Potassium: 205.88mg (5.88%), Iron: 1mg (5.53%), Selenium: 3.82µg (5.45%), Calcium: 53.32mg (5.33%), Zinc: 0.56mg (3.7%), Vitamin B3: 0.69mg (3.43%), Vitamin B6: 0.05mg (2.74%), Vitamin B5: 0.26mg (2.57%), Vitamin K: 2.31µg (2.2%), Vitamin D: 0.23µg (1.56%)