



Strawberry-Rhubarb Crisps with Cardamom and Nutmeg

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



390 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
- ☐ 5 cups thick rhubarb fresh (from 2 pounds)
- ☐ 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 ()

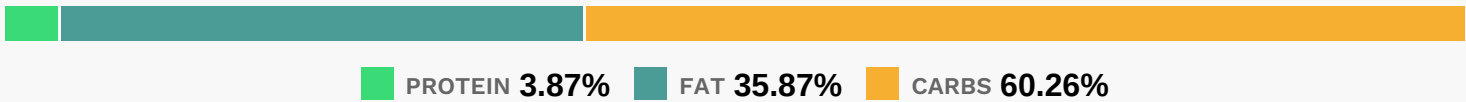
Equipment

- ☐ 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:71.68, Glycemic Load:23.05, Inflammation Score:-6, Nutrition Score:12.201739287895%

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: 3.76mg, Catechin: 3.76mg, Catechin: 3.76mg, Catechin: 3.76mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg 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: 390.37kcal (19.52%), Fat: 16.2g (24.93%), Saturated Fat: 8.38g (52.39%), Carbohydrates: 61.24g (20.41%), Net Carbohydrates: 56.92g (20.7%), Sugar: 48.16g (53.52%), Cholesterol: 34.66mg (11.55%), Sodium: 19.11mg (0.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.86%), Vitamin C: 43.96mg (53.29%), Manganese: 0.83mg (41.4%), Vitamin K: 32.09µg (30.57%), Fiber: 4.32g (17.29%), Potassium: 498.68mg (14.25%), Vitamin E: 2.12mg (14.15%), Calcium: 140.75mg (14.08%), Magnesium: 46.86mg (11.72%), Vitamin A: 530.21IU (10.6%), Phosphorus: 93.1mg (9.31%), Vitamin B2: 0.14mg (8.26%), Folate: 32.75µg (8.19%), Copper: 0.15mg (7.41%), Vitamin B1: 0.11mg (7.31%), Selenium: 4.93µg (7.05%), Iron: 1.22mg (6.77%), Vitamin B3: 0.99mg (4.96%), Zinc: 0.66mg (4.38%), Vitamin B6: 0.08mg (3.96%), Vitamin B5: 0.34mg (3.44%), Vitamin D: 0.23µg (1.56%)