



Summer Fruit Crisp

 Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



349 kcal

DESSERT

Ingredients

- ☐ 5 cups plums red sliced
- ☐ 0.8 cup sugar
- ☐ 3 tablespoons cornstarch
- ☐ 0.5 cup cookie crumbs crushed (15 cookies)
- ☐ 0.5 cup walnut pieces chopped
- ☐ 0.3 cup butter softened
- ☐ 0.5 cup frangelico

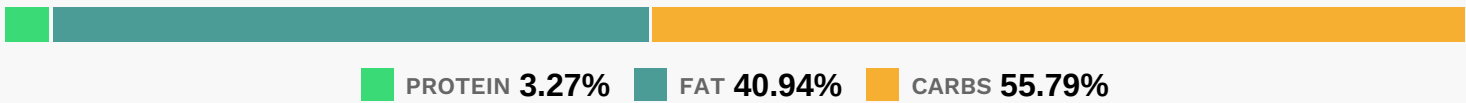
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray. In large bowl, stir sliced plums, 1/2 cup of the sugar and the cornstarch until combined.
- ☐ Spread in baking dish.
- ☐ In medium bowl, mix cookie crumbs, walnuts, Bisquick mix, butter and remaining 1/4 cup sugar with fork until crumbly.
- ☐ Sprinkle over plum mixture.
- ☐ Bake 45 to 55 minutes or until mixture is hot and bubbly and topping is lightly browned.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:32.13, Glycemic Load:26.24, Inflammation Score:-6, Nutrition Score:6.7860869493174%

Flavonoids

Cyanidin: 8.01mg, Cyanidin: 8.01mg, Cyanidin: 8.01mg, Cyanidin: 8.01mg Peonidin: 0.43mg, Peonidin: 0.43mg, Peonidin: 0.43mg, Peonidin: 0.43mg Catechin: 3.97mg, Catechin: 3.97mg, Catechin: 3.97mg, Catechin: 3.97mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 4.4mg, Epicatechin: 4.4mg, Epicatechin: 4.4mg, Epicatechin: 4.4mg Epicatechin 3-gallate: 1.04mg, Epicatechin 3-gallate: 1.04mg, Epicatechin 3-gallate: 1.04mg, Epicatechin 3-gallate: 1.04mg Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 349.34kcal (17.47%), Fat: 16.62g (25.57%), Saturated Fat: 2.88g (17.97%), Carbohydrates: 50.96g (16.99%), Net Carbohydrates: 48.24g (17.54%), Sugar: 40.64g (45.16%), Cholesterol: 0mg (0%), Sodium: 119.41mg (5.19%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.98%), Manganese: 0.44mg (22.16%), Vitamin A: 821.82IU (16.44%), Vitamin C: 13.21mg (16.01%), Copper: 0.24mg (12.23%), Fiber: 2.72g (10.89%), Vitamin K: 9.98µg (9.5%), Potassium: 270.8mg (7.74%), Vitamin B1: 0.1mg (6.81%), Magnesium: 26.6mg (6.65%), Phosphorus: 63.93mg (6.39%), Vitamin E: 0.92mg (6.15%), Folate: 23.27µg (5.82%), Vitamin B2: 0.08mg (4.99%), Vitamin B6: 0.1mg (4.95%), Vitamin B3: 0.96mg (4.79%), Iron: 0.8mg (4.43%), Zinc: 0.48mg (3.23%), Vitamin B5: 0.27mg (2.74%), Calcium: 22.06mg (2.21%), Selenium: 1.26µg (1.79%)