



Sweet Black Cherry Crisp

 Vegetarian

READY IN



60 min.

SERVINGS



10

CALORIES



241 kcal

DESSERT

Ingredients

- 0.5 cup almonds sliced
- 0.5 cup firmly brown sugar packed
- 0.3 cup butter softened
- 6 cups cherries frozen thawed pitted
- 0.3 cup plus 3 tablespoons flour all-purpose
- 0.5 cup granulated sugar
- 1 cup quick-cooking oats

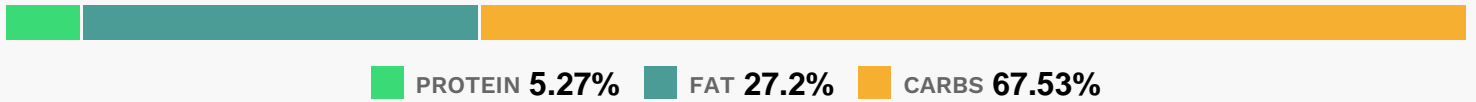
Equipment

- bowl
- frying pan
- oven
- blender
- baking pan

Directions

- Preheat the oven to 350 degrees F. Lightly grease a 13 by 9-inch baking pan.
- In a large bowl, combine the sugar and 3 tablespoons flour.
- Add the cherries, tossing gently to coat. Spoon the mixture into the prepared pan.
- In a medium bowl, combine the oats, brown sugar, and remaining 1/4 cup flour. Using a pastry blender, cut in the butter until the mixture is crumbly. Stir in the almonds.
- Sprinkle evenly over the cherry mixture.
- Bake until hot and bubbly and the topping is golden brown, about 30 minutes.
- Let stand for 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:29.21, Glycemic Load:14.38, Inflammation Score:-4, Nutrition Score:6.1230435332526%

Flavonoids

Cyanidin: 25.13mg, Cyanidin: 25.13mg, Cyanidin: 25.13mg, Cyanidin: 25.13mg Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg Peonidin: 1.24mg, Peonidin: 1.24mg, Peonidin: 1.24mg, Peonidin: 1.24mg Catechin: 3.67mg, Catechin: 3.67mg, Catechin: 3.67mg, Catechin: 3.67mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 4.17mg, Epicatechin: 4.17mg, Epicatechin: 4.17mg, Epicatechin: 4.17mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 241.24kcal (12.06%), Fat: 7.68g (11.82%), Saturated Fat: 3.22g (20.11%), Carbohydrates: 42.91g (14.3%), Net Carbohydrates: 39.75g (14.45%), Sugar: 31.58g (35.08%), Cholesterol: 12.2mg (4.07%), Sodium: 40.02mg (1.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.7%), Manganese: 0.54mg (27.02%), Fiber: 3.16g (12.64%), Magnesium: 45.21mg (11.3%), Vitamin E: 1.43mg (9.51%), Phosphorus: 81.83mg (8.18%), Potassium: 266.1mg (7.6%), Vitamin C: 5.8mg (7.03%), Copper: 0.14mg (6.87%), Vitamin B1: 0.1mg (6.69%), Vitamin B2: 0.11mg (6.4%), Selenium: 4.25µg (6.08%), Iron: 1.07mg (5.97%), Vitamin A: 194.86IU (3.9%), Calcium: 38.01mg (3.8%), Folate: 13.93µg (3.48%), Zinc: 0.49mg (3.28%), Vitamin B6: 0.06mg (3.05%), Vitamin B3: 0.56mg (2.8%), Vitamin B5: 0.28mg (2.78%), Vitamin K: 2.4µg (2.29%)