



Triple Berry Crisp



Vegetarian



Popular

READY IN



60 min.

SERVINGS



18

CALORIES



318 kcal

DESSERT

Ingredients

- ☐ 1.5 cups blackberries fresh
- ☐ 1.5 cups blueberries fresh
- ☐ 1.5 cups brown sugar packed
- ☐ 1.5 cups butter
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1.5 cups raspberries fresh

- ☐ 2 cups rolled oats
- ☐ 4 tablespoons sugar white

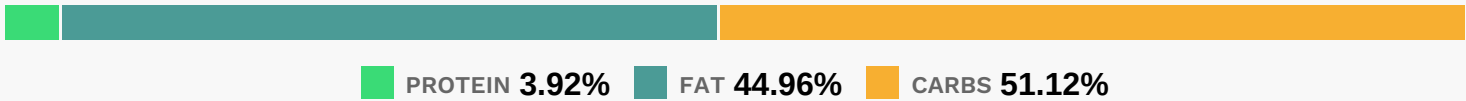
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large bowl, gently toss together blackberries, raspberries, blueberries, and white sugar; set aside.
- ☐ In a separate large bowl, combine flour, oats, brown sugar, cinnamon, and nutmeg.
- ☐ Cut in butter until crumbly. Press half of mixture in the bottom of a 9x13 inch pan. Cover with berries.
- ☐ Sprinkle remaining crumble mixture over the berries.
- ☐ Bake in the preheated oven for 30 to 40 minutes, or until fruit is bubbly and topping is golden brown.

Nutrition Facts



Properties

Glycemic Index:22.28, Glycemic Load:12.49, Inflammation Score:-5, Nutrition Score:6.8217390853426%

Flavonoids

Cyanidin: 17.61mg, Cyanidin: 17.61mg, Cyanidin: 17.61mg, Cyanidin: 17.61mg Petunidin: 3.92mg, Petunidin: 3.92mg, Petunidin: 3.92mg, Petunidin: 3.92mg Delphinidin: 4.5mg, Delphinidin: 4.5mg, Delphinidin: 4.5mg, Delphinidin: 4.5mg Malvidin: 8.35mg, Malvidin: 8.35mg, Malvidin: 8.35mg, Malvidin: 8.35mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 2.54mg, Peonidin: 2.54mg, Peonidin: 2.54mg, Peonidin: 2.54mg Catechin: 5.23mg, Catechin: 5.23mg, Catechin: 5.23mg, Catechin: 5.23mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Epigallocatechin 3-gallate: 0.14mg

Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 318.22kcal (15.91%), Fat: 16.26g (25.01%), Saturated Fat: 9.87g (61.67%), Carbohydrates: 41.6g (13.87%), Net Carbohydrates: 38.66g (14.06%), Sugar: 22.86g (25.4%), Cholesterol: 40.67mg (13.56%), Sodium: 127.98mg (5.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.38%), Manganese: 0.64mg (32.03%), Fiber: 2.94g (11.75%), Selenium: 7.82µg (11.17%), Vitamin B1: 0.16mg (10.79%), Vitamin A: 508.75IU (10.18%), Folate: 34.94µg (8.73%), Vitamin C: 6.34mg (7.69%), Iron: 1.35mg (7.51%), Vitamin K: 7.12µg (6.78%), Phosphorus: 64.42mg (6.44%), Vitamin B2: 0.1mg (5.97%), Magnesium: 23.02mg (5.76%), Vitamin B3: 1.14mg (5.7%), Vitamin E: 0.79mg (5.24%), Copper: 0.1mg (5.04%), Zinc: 0.58mg (3.84%), Potassium: 121.16mg (3.46%), Calcium: 34.49mg (3.45%), Vitamin B5: 0.29mg (2.88%), Vitamin B6: 0.04mg (1.95%)