



Triple-Berry Crisps with Meringue Streusel

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



163 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 2 cups blackberries
- ☐ 4 cups blueberries
- ☐ 0.3 cup brown sugar packed
- ☐ 1.5 tablespoons butter chilled cut into small pieces
- ☐ 0.3 cup cornstarch
- ☐ 3 tablespoons crystallized ginger chopped
- ☐ 3 large egg whites

- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 tablespoon lemon rind grated
- ☐ 0.5 cup orange juice
- ☐ 2 tablespoons orange rind finely grated
- ☐ 2 cups raspberries
- ☐ 6 tablespoons sugar
- ☐ 0.3 cup coconut or sweetened flaked

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ ramekin
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 20
- ☐ To prepare streusel, place egg whites in a large bowl; beat with a mixer at high speed until foamy (about 30 seconds). Gradually add sugar, 1 tablespoon at a time, beating until stiff peaks form (about 2 minutes). Gently fold in almonds, coconut, and 1/4 teaspoon cinnamon.
- ☐ Spread as evenly as possible onto a parchment-lined 15 x 10-inch jelly roll pan.

- ☐ Bake 2 1/2 hours. Turn oven off; cool meringue in closed oven at least 12 hours or until completely dry.
- ☐ Remove meringue from paper. Crumble meringue into 1/4-inch pieces.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and the next 4 ingredients (flour through 1/4 teaspoon cinnamon) in a bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in meringue pieces.
- ☐ Preheat oven to 35
- ☐ To prepare filling, combine blueberries and next 7 ingredients (blueberries through orange rind) in a bowl; toss well. Spoon 1/2 cup filling into each of 12 (6-ounce) ramekins or custard cups coated with cooking spray. Top each with 1/3 cup meringue streusel mixture.
- ☐ Place ramekins on a baking sheet; bake at 350 for 10 minutes or until bubbly.
- ☐ Serve warm or at room temperature.
- ☐ Note: You can also make this dessert in a 13 x 9-inch baking dish. (
- ☐ Bake for 30 minutes or until bubbly.) Or use small skillets like the one above, which we found at Williams-Sonoma. (
- ☐ Bake for 25 minutes.) The recipe makes enough to fill 6 skillets, 2 servings per skillet.
- ☐ Variation: Triple-Berry Crisps with Almond Streusel: If you're in a hurry, try this more simple, traditional streusel topping – made with butter, flour, and sugar.
- ☐ Almond Streusel: 3/4 cup all-purpose flour; 1/2 cup packed brown sugar; 1/2 teaspoon salt; 4 1/2 tablespoons chilled butter, cut into small pieces; 3/4 cup regular oats; 1/3 cup sliced almonds
- ☐ To prepare streusel, lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Place flour, brown sugar, and salt in a food processor; pulse 2 times or until combined.
- ☐ Add chilled butter; pulse 6 times or until mixture resembles coarse meal.
- ☐ Add oats, and almonds; pulse 2 times.
- ☐ Sprinkle over berry filling; bake according to recipe above.

Nutrition Facts



 **PROTEIN 6.53%**  **FAT 17.95%**  **CARBS 75.52%**

Properties

Glycemic Index:35.26, Glycemic Load:9.62, Inflammation Score:-5, Nutrition Score:7.0847826593596%

Flavonoids

Cyanidin: 37.36mg, Cyanidin: 37.36mg, Cyanidin: 37.36mg, Cyanidin: 37.36mg Petunidin: 15.62mg, Petunidin: 15.62mg, Petunidin: 15.62mg, Petunidin: 15.62mg Delphinidin: 17.74mg, Delphinidin: 17.74mg, Delphinidin: 17.74mg, Delphinidin: 17.74mg Malvidin: 33.37mg, Malvidin: 33.37mg, Malvidin: 33.37mg, Malvidin: 33.37mg Pelargonidin: 0.3mg, Pelargonidin: 0.3mg, Pelargonidin: 0.3mg, Pelargonidin: 0.3mg Peonidin: 10.08mg, Peonidin: 10.08mg, Peonidin: 10.08mg, Peonidin: 10.08mg Catechin: 11.79mg, Catechin: 11.79mg, Catechin: 11.79mg, Catechin: 11.79mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 2.14mg, Epicatechin: 2.14mg, Epicatechin: 2.14mg, Epicatechin: 2.14mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 162.59kcal (8.13%), Fat: 3.41g (5.24%), Saturated Fat: 1.49g (9.32%), Carbohydrates: 32.24g (10.75%), Net Carbohydrates: 27.73g (10.08%), Sugar: 21.01g (23.35%), Cholesterol: 3.76mg (1.25%), Sodium: 33.16mg (1.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.57%), Manganese: 0.56mg (27.79%), Vitamin C: 22.24mg (26.96%), Fiber: 4.51g (18.03%), Vitamin K: 15.99µg (15.23%), Vitamin E: 1.28mg (8.52%), Vitamin B2: 0.12mg (6.81%), Copper: 0.13mg (6.42%), Folate: 24.37µg (6.09%), Magnesium: 22.05mg (5.51%), Selenium: 3.59µg (5.12%), Potassium: 175.45mg (5.01%), Vitamin B1: 0.07mg (4.83%), Iron: 0.78mg (4.32%), Vitamin B3: 0.84mg (4.18%), Phosphorus: 36.16mg (3.62%), Vitamin A: 153.68IU (3.07%), Calcium: 29.69mg (2.97%), Vitamin B6: 0.06mg (2.89%), Zinc: 0.41mg (2.71%), Vitamin B5: 0.27mg (2.7%)