



Triple-Berry Granola Crisp

 Dairy Free

READY IN



60 min.

SERVINGS



9

CALORIES



165 kcal

DESSERT

Ingredients

- 8 oz blueberries frozen organic cascadian farm®
- 10 oz strawberries frozen organic cascadian farm®
- 10 oz raspberries frozen organic cascadian farm®
- 0.3 cup sugar
- 2 tablespoons flour all-purpose
- 1.5 cups cereal organic cascadian farm®
- 1 serving whipped cream

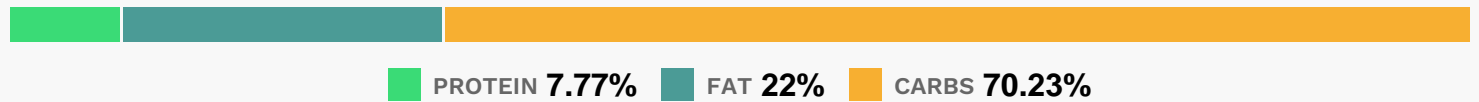
Equipment

- oven
- glass baking pan

Directions

- Heat oven to 375°F. In ungreased 8-inch square (2-quart) glass baking dish, mix frozen berries, sugar and flour until fruit is coated.
- Bake uncovered 20 minutes. Stir fruit mixture.
- Sprinkle with granola.
- Bake 15 to 20 minutes longer or until light golden brown and bubbly.
- Let stand 5 to 10 minutes before serving.
- Serve warm with ice cream.

Nutrition Facts



Properties

Glycemic Index:34.01, Glycemic Load:7.22, Inflammation Score:-4, Nutrition Score:8.5504346485047%

Flavonoids

Cyanidin: 17.08mg, Cyanidin: 17.08mg, Cyanidin: 17.08mg, Cyanidin: 17.08mg Petunidin: 8.08mg, Petunidin: 8.08mg, Petunidin: 8.08mg, Petunidin: 8.08mg Delphinidin: 9.44mg, Delphinidin: 9.44mg, Delphinidin: 9.44mg, Delphinidin: 9.44mg Malvidin: 17.08mg, Malvidin: 17.08mg, Malvidin: 17.08mg, Malvidin: 17.08mg Pelargonidin: 8.14mg, Pelargonidin: 8.14mg, Pelargonidin: 8.14mg, Pelargonidin: 8.14mg Peonidin: 5.17mg, Peonidin: 5.17mg, Peonidin: 5.17mg, Peonidin: 5.17mg Catechin: 2.73mg, Catechin: 2.73mg, Catechin: 2.73mg, Catechin: 2.73mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 164.95kcal (8.25%), Fat: 4.23g (6.51%), Saturated Fat: 0.56g (3.52%), Carbohydrates: 30.37g (10.12%), Net Carbohydrates: 25.99g (9.45%), Sugar: 15.2g (16.89%), Cholesterol: 0.51mg (0.17%), Sodium: 7.73mg (0.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.72%), Manganese: 0.97mg (48.69%), Vitamin C: 29.24mg (35.44%), Fiber: 4.38g (17.54%), Vitamin E: 1.3mg (8.65%), Vitamin K: 8.93µg (8.5%), Phosphorus: 81.89mg (8.19%), Magnesium: 31.48mg (7.87%), Iron: 1.38mg (7.68%), Vitamin B1: 0.1mg (6.89%), Folate: 25.67µg (6.42%), Selenium: 4.34µg (6.2%), Copper: 0.12mg (5.98%), Potassium: 196.93mg (5.63%), Vitamin B2: 0.08mg (4.44%), Zinc: 0.64mg (4.25%), Vitamin B3: 0.71mg (3.54%), Vitamin B6: 0.07mg (3.53%), Calcium: 32.89mg (3.29%), Vitamin B5: 0.3mg (2.99%)