



Two-Berry Crisp with Pecan Streusel Topping

 Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



541 kcal

DESSERT

Ingredients

- ☐ 0.8 cup oats
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup butter cut into pieces
- ☐ 0.3 cup pecans chopped
- ☐ 21 oz blueberry filling canned
- ☐ 2 cups raspberries frozen organic cascadian farm®
- ☐ 3 tablespoons granulated sugar

☐ 1 tablespoon flour all-purpose

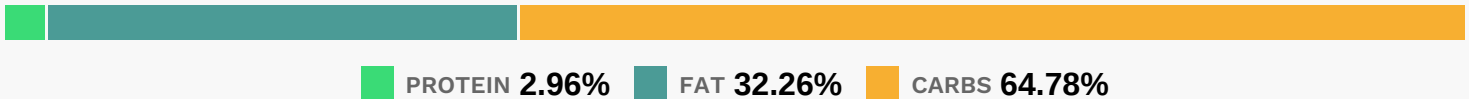
Equipment

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

Directions

- ☐ Heat oven to 400°F. Spray bottom and sides of 8-inch square (2-quart) glass baking dish with cooking spray. In medium bowl, mix oats, 1/2 cup flour and the brown sugar.
- ☐ Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until crumbly. Stir in pecans.
- ☐ In large bowl, mix remaining ingredients.
- ☐ Spread in baking dish.
- ☐ Sprinkle oat mixture over top.
- ☐ Bake 30 to 40 minutes or until fruit mixture is bubbly and topping is golden brown.

Nutrition Facts



Properties

Glycemic Index:53.52, Glycemic Load:15.08, Inflammation Score:-7, Nutrition Score:11.31347831695%

Flavonoids

Cyanidin: 18.8mg, Cyanidin: 18.8mg, Cyanidin: 18.8mg, Cyanidin: 18.8mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.86mg, Delphinidin: 0.86mg, Delphinidin: 0.86mg, Delphinidin: 0.86mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg

Epicatechin: 1.45mg, Epicatechin: 1.45mg, Epicatechin: 1.45mg, Epicatechin: 1.45mg Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 540.62kcal (27.03%), Fat: 19.79g (30.44%), Saturated Fat: 3.58g (22.36%), Carbohydrates: 89.39g (29.8%), Net Carbohydrates: 82.51g (30%), Sugar: 63.4g (70.45%), Cholesterol: 0mg (0%), Sodium: 196.42mg (8.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.18%), Manganese: 1.21mg (60.65%), Fiber: 6.88g (27.53%), Vitamin A: 714.22IU (14.28%), Vitamin B1: 0.21mg (14.25%), Magnesium: 56.37mg (14.09%), Vitamin C: 11.26mg (13.65%), Copper: 0.26mg (13.25%), Iron: 2.33mg (12.94%), Selenium: 8.31µg (11.87%), Phosphorus: 100.19mg (10.02%), Folate: 35.36µg (8.84%), Vitamin E: 1.3mg (8.69%), Potassium: 274.34mg (7.84%), Vitamin B2: 0.13mg (7.81%), Vitamin K: 7.51µg (7.15%), Calcium: 67.43mg (6.74%), Vitamin B3: 1.18mg (5.9%), Zinc: 0.89mg (5.9%), Vitamin B5: 0.43mg (4.25%), Vitamin B6: 0.08mg (4.24%)