



Yogurt with Raspberry Crumble

 Vegetarian

READY IN



10 min.

SERVINGS



6

CALORIES



395 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup flour
- ☐ 6 cups greek yogurt
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 cup brown sugar light
- ☐ 1.5 cup oats
- ☐ 1 pint raspberries
- ☐ 4 tablespoons butter unsalted cut into 1/4 inch pieces

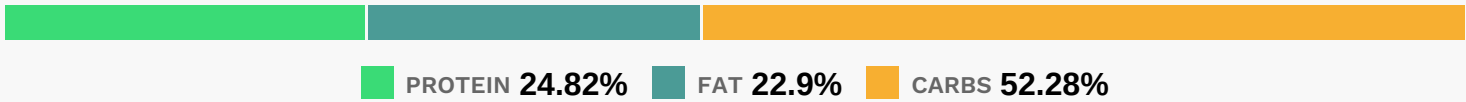
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ pastry cutter

Directions

- ☐ Preheat oven to 375° F. In a medium bowl, combine flour, brown sugar, and salt.
- ☐ Add butter and using your hands or a pastry cutter, rub butter into sugar mixture until almost completely combined.
- ☐ Add oats and continue to blend ingredients until butter is incorporated and topping forms large crumbs.
- ☐ Spread raspberries along bottom of baking dish. Top evenly with oat crumbs.
- ☐ Bake until topping is golden brown, about 45 minutes.
- ☐ Let raspberry crumble come to room temperature.
- ☐ To serve, divide yogurt among six bowls. Top each serving with raspberry crumble.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:8.65, Inflammation Score:-6, Nutrition Score:18.712173718473%

Flavonoids

Cyanidin: 36.1mg, Cyanidin: 36.1mg, Cyanidin: 36.1mg, Cyanidin: 36.1mg Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg Delphinidin: 1.04mg, Delphinidin: 1.04mg, Delphinidin: 1.04mg, Delphinidin: 1.04mg Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg Pelargonidin: 0.77mg, Pelargonidin: 0.77mg, Pelargonidin: 0.77mg, Pelargonidin: 0.77mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 395.38kcal (19.77%), Fat: 10.2g (15.69%), Saturated Fat: 5.26g (32.87%), Carbohydrates: 52.35g (17.45%), Net Carbohydrates: 45.04g (16.38%), Sugar: 28.03g (31.14%), Cholesterol: 30.07mg (10.02%), Sodium: 274.06mg (11.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.86g (49.72%), Manganese: 1.33mg (66.52%), Selenium: 27.9µg (39.85%), Phosphorus: 386.58mg (38.66%), Vitamin B2: 0.65mg (38.37%), Fiber: 7.31g (29.26%), Calcium: 270.61mg (27.06%), Vitamin C: 20.66mg (25.04%), Vitamin B12: 1.42µg (23.6%), Magnesium: 70.31mg (17.58%), Zinc: 2.18mg (14.53%), Potassium: 506.7mg (14.48%), Vitamin B1: 0.2mg (13.59%), Vitamin B5: 1.21mg (12.06%), Folate: 47.04µg (11.76%), Iron: 1.92mg (10.67%), Copper: 0.2mg (10.1%), Vitamin B6: 0.2mg (10.09%), Vitamin B3: 1.45mg (7.26%), Vitamin K: 7.23µg (6.88%), Vitamin E: 1.01mg (6.74%), Vitamin A: 267.26IU (5.35%)