

Bacon-and-Crumb-Topped Plum Crisp

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Servings: 6

*2 to 4 tablespoons granulated sugar
1 tablespoon all-purpose flour
5 cups sliced and pitted plums
1/3 cup quick-cooking or regular
oats
1/3 cup packed brown sugar
2 tablespoons all-purpose flour
1/4 teaspoon ground spice (such as
nutmeg, ginger or cinnamon)
3 tablespoons canola or vegetable oil
3 slices bacon, crisp-cooked and finely
chopped
vanilla ice cream (optional)*

Bake: 30 minutes

Preheat the oven to 375 degrees.

In a large bowl, combine the granulated sugar and one tablespoon of flour. Stir in the fruit. Divide the fruit among six six-ounce custard cups or ramekins. Place the custard cups on a 15x10x1-inch baking pan.

For the topping, in a small bowl, combine the oats, brown sugar, two tablespoons of flour and the spice. Stir in the oil until the topping resembles coarse crumbs. Stir in the bacon. Evenly sprinkle the topping over the fruit in the cups.

Bake for 30 to 35 minutes, just until the fruit is tender and the topping is crisp and golden brown.

Serve warm with ice cream for dessert or without ice cream for breakfast.

Per Serving (excluding unknown items): 332 Calories; 2g Fat (4.2% calories from fat); 1g Protein; 80g Carbohydrate; trace Dietary Fiber; 3mg Cholesterol; 56mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fat; 5 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	332	Vitamin B6 (mg):	trace
% Calories from Fat:	4.2%	Vitamin B12 (mcg):	.1mcg

% Calories from Carbohydrates:	94.2%
% Calories from Protein:	1.6%
Total Fat (g):	2g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	3mg
Carbohydrate (g):	80g
Dietary Fiber (g):	trace
Protein (g):	1g
Sodium (mg):	56mg
Potassium (mg):	59mg
Calcium (mg):	11mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	1mg
Vitamin A (i.u.):	0IU
Vitamin A (r.e.):	0RE

Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	6mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refined:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	5

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	332	Calories from Fat:	14
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% Daily Values*

Total Fat	2g	2%
Saturated Fat	1g	3%
Cholesterol	3mg	1%
Sodium	56mg	2%
Total Carbohydrates	80g	27%
Dietary Fiber	trace	0%
Protein	1g	
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Vitamin A		0%
Vitamin C		2%
Calcium		1%
Iron		3%

* Percent Daily Values are based on a 2000 calorie diet.