

Blueberry Crisp III

Ladies Home Journal - Delicious Desserts

Servings: 8

3 tablespoons all-purpose flour
2 tablespoons granulated sugar
6 cups fresh blueberries
1/4 cup lemon juice
1 cup packed brown sugar
3/4 cup all-purpose flour
3/4 cup quick-cooking rolled oats
1 1/4 teaspoons ground cinnamon
1/2 cup cold butter
vanilla ice cream (optional)

Preparation Time: 20 minutes

Bake: 30 minutes

Preheat the oven to 375 degrees.

In a large bowl, stir together the three tablespoons of flour and the granulated sugar. Add the blueberries and the lemon juice. Toss gently to combine. Spread the blueberry mixture evenly in an ungreased three-quart rectangular baking dish. Set aside.

For the topping: In a medium bowl, combine the brown sugar, the 3/4 cup of flour, the oats and cinnamon. Using a pastry blender, cut in the butter until the mixture resembles coarse crumbs. Sprinkle the topping evenly over the blueberry mixture.

Bake, uncovered, for about 30 minutes or until the topping is golden brown and the edges are bubbly.

Cool on a wire rack for about 45 minutes.

Serve warm, and, if desired, top with vanilla ice cream.

Per Serving (excluding unknown items): 334 Calories; 12g Fat (31.2% calories from fat); 2g Protein; 57g Carbohydrate; 4g Dietary Fiber; 31mg Cholesterol; 135mg Sodium. Exchanges: 1 Grain(Starch); 1 Fruit; 2 1/2 Fat; 2 Other Carbohydrates.

Desserts

Calories (kcal): 334
% Calories from Fat: 31.2%
% Calories from Carbohydrates: 66.0%
% Calories from Protein: 2.8%
Total Fat (g): 12g
Saturated Fat (g): 7g
Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 31mg
Carbohydrate (g): 57g
Dietary Fiber (g): 4g
Protein (g): 2g
Sodium (mg): 135mg
Potassium (mg): 223mg
Calcium (mg): 40mg
Iron (mg): 2mg
Zinc (mg): trace
Vitamin C (mg): 18mg
Vitamin A (i.u.): 545IU
Vitamin A (r.e.): 118 1/2RE

Vitamin B6 (mg): .1mg
Vitamin B12 (mcg): trace
Thiamin B1 (mg): .2mg
Riboflavin B2 (mg): .1mg
Folacin (mcg): 31mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 1
Lean Meat: 0
Vegetable: 0
Fruit: 1
Non-Fat Milk: 0
Fat: 2 1/2
Other Carbohydrates: 2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 334 **Calories from Fat:** 104

% Daily Values*

Total Fat	12g	19%
Saturated Fat	7g	36%
Cholesterol	31mg	10%
Sodium	135mg	6%
Total Carbohydrates	57g	19%
Dietary Fiber	4g	14%
Protein	2g	
Vitamin A		11%
Vitamin C		30%
Calcium		4%
Iron		9%

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