

Blueberry-Nectarine Crisp

Dashrecipes.com July 2014

Servings: 8

3/4 cup all-purpose flour
2/3 cup rolled oats
1/2 cup packed brown sugar
3/4 teaspoon Kosher salt, divided
1 stick (1/2 cup) unsalted butter, cut into small pieces
unsalted butter (for the pan)
2 tablespoons sugar
2 tablespoons cornstarch
3 cups blueberries
2 large nectarines, halved, pitted and sliced 1/2-inch thick
vanilla ice cream (for serving)
(optional)

Preparation Time: 20 minutes

Preheat the oven to 350 degrees.

In a mixing bowl, whisk the flour, oats, brown sugar and 1/2 teaspoon of salt. Using your hands, add the butter and rub it in until the mixture is clumpy and evenly dispersed. Squeeze the mixture to form more clumps.

Butter the bottom and sides of an eight-inch square baking dish.

In another mixing bowl, whisk the sugar, cornstarch and remaining salt. Add the blueberries and nectarines. Toss, scraping down the sides with a rubber spatula. Add to the prepared baking dish.

Bake until the top is crisp and golden, about 45 minutes. Let stand 15 minutes.

Serve warm or at room temperature with ice cream, if desired.

Start to Finish Time: 1 hour 20 minutes

Per Serving (excluding unknown items): 288 Calories; 12g Fat (37.5% calories from fat); 3g Protein; 43g Carbohydrate; 3g Dietary Fiber; 31mg Cholesterol; 187mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Fruit; 2 1/2 Fat; 1 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	288	Vitamin B6 (mg):	trace
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% Calories from Fat:	37.5%
% Calories from Carbohydrates:	58.4%
% Calories from Protein:	4.1%
Total Fat (g):	12g
Saturated Fat (g):	8g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	31mg
Carbohydrate (g):	43g
Dietary Fiber (g):	3g
Protein (g):	3g
Sodium (mg):	187mg
Potassium (mg):	208mg
Calcium (mg):	25mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	9mg
Vitamin A (i.u.):	745IU
Vitamin A (r.e.):	138RE

Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	25mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 288 Calories from Fat: 108

% Daily Values*

Total Fat 12g	19%
Saturated Fat 8g	38%
Cholesterol 31mg	10%
Sodium 187mg	8%
Total Carbohydrates 43g	14%
Dietary Fiber 3g	12%
Protein 3g	
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Vitamin A	15%
Vitamin C	15%
Calcium	3%
Iron	7%

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