



Apple crumble loaf

 Vegetarian

READY IN



75 min.

SERVINGS



10

CALORIES



356 kcal

DESSERT

Ingredients

- ☐ 140 g butter for the tin cut into small pieces, plus extra
- ☐ 250 g self-raising flour
- ☐ 2 tsp spice mixed
- ☐ 140 g muscovado sugar light
- ☐ 100 g raisin
- ☐ 3 large eggs beaten
- ☐ 2 apples cored peeled chopped
- ☐ 5 tbsp milk

- ☐ 1 tbsp flour plain
- ☐ 25 g butter
- ☐ 25 g muscovado sugar light
- ☐ 1 tbsp hazelnuts roughly chopped

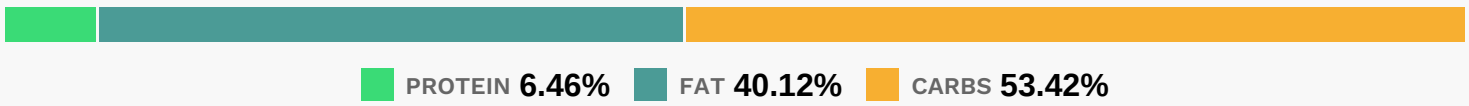
Equipment

- ☐ food processor
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ skewers

Directions

- ☐ Heat oven to 160C/140C fan/gas
- ☐ Butter and line the base of a 2-litre loaf tin with baking parchment. Tip the flour and spice into a food processor and add the butter. Whizz to make fine crumbs, then mix in the sugar. Tip into a mixing bowl and stir in the raisins, eggs, apples and milk.
- ☐ Mix well until everything is evenly combined, then spoon into the prepared tin and smooth the top.
- ☐ To make the topping, rub the flour, butter and sugar through your fingers to make a rough crumble, then stir in the nuts.
- ☐ Sprinkle evenly over the cake mixture and bake for 50–55 mins, until firm to the touch and a fine skewer inserted into the centre comes out clean. Cool in the tin for 15 mins, then turn out and cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:38.58, Glycemic Load:17.85, Inflammation Score:-4, Nutrition Score:6.321304310923%

Flavonoids

Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 356.11kcal (17.81%), Fat: 16.24g (24.99%), Saturated Fat: 9.25g (57.82%), Carbohydrates: 48.67g (16.22%), Net Carbohydrates: 46.34g (16.85%), Sugar: 20.37g (22.63%), Cholesterol: 92.18mg (30.73%), Sodium: 138.75mg (6.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.89g (11.78%), Selenium: 15.41µg (22.02%), Manganese: 0.38mg (19.14%), Vitamin A: 526.89IU (10.54%), Fiber: 2.33g (9.32%), Phosphorus: 81.83mg (8.18%), Vitamin B2: 0.13mg (7.8%), Copper: 0.12mg (6.22%), Potassium: 214.56mg (6.13%), Iron: 1.07mg (5.95%), Vitamin E: 0.87mg (5.78%), Folate: 19.95µg (4.99%), Calcium: 47.99mg (4.8%), Magnesium: 17.92mg (4.48%), Vitamin B5: 0.45mg (4.47%), Vitamin B6: 0.09mg (4.39%), Vitamin B1: 0.06mg (4.08%), Zinc: 0.53mg (3.52%), Vitamin B12: 0.2µg (3.37%), Vitamin C: 2.37mg (2.87%), Vitamin B3: 0.51mg (2.55%), Vitamin D: 0.38µg (2.55%), Vitamin K: 2.36µg (2.24%)