



Apple, pear & walnut crumble

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



877 kcal

DESSERT

Ingredients

- ☐ 500 g apples cored peeled cut into large chunks
- ☐ 0.5 juice of lemon finely grated
- ☐ 2 tbsp g muscovado sugar light
- ☐ 500 g pears cored peeled cut into large chunks
- ☐ 4 servings custard sauce
- ☐ 100 g walnuts
- ☐ 175 g flour plain white (or)
- ☐ 85 g butter diced

☐ 85 g g muscovado sugar light

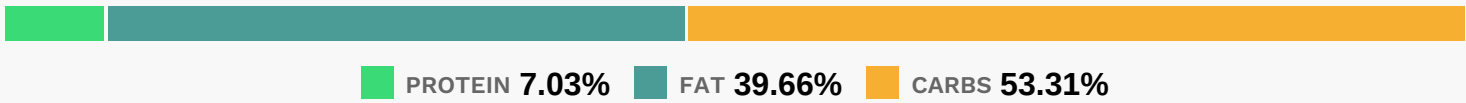
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Put the chopped apples, lemon zest, rosemary, if using, and sugar in a saucepan.
- ☐ Add the lemon juice and cook for 3–4 mins. Tip in the pears and cook 2–3 mins more, until the fruits are just beginning to soften. Spoon the fruits and juices into a 1.7 litre pudding dish and flatten slightly.
- ☐ For the crumble, finely chop half the walnuts in a food processor until reduced to the consistency of ground almonds.
- ☐ Add the flour, butter and sugar and continue to blitz to a coarse or fine crumble mix, whichever you prefer.
- ☐ Roughly break the remaining walnuts with your fingers and stir into the crumble. Scatter the crumble mix on top of the fruits and bake for 20–25 mins until golden brown.
- ☐ Serve warm with cream or custard.

Nutrition Facts



Properties

Glycemic Index:43.84, Glycemic Load:19.56, Inflammation Score:-8, Nutrition Score:27.250434502311%

Flavonoids

Cyanidin: 5.22mg, Cyanidin: 5.22mg, Cyanidin: 5.22mg, Cyanidin: 5.22mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 1.06mg, Epigallocatechin: 1.06mg, Epigallocatechin: 1.06mg, Epigallocatechin: 1.06mg Epicatechin: 14.11mg, Epicatechin: 14.11mg, Epicatechin: 14.11mg, Epicatechin: 14.11mg Epicatechin 3–gallate: 0.04mg,

Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg

Nutrients (% of daily need)

Calories: 877.26kcal (43.86%), Fat: 40.66g (62.56%), Saturated Fat: 15.57g (97.33%), Carbohydrates: 122.98g (40.99%), Net Carbohydrates: 109.74g (39.91%), Sugar: 59.36g (65.95%), Cholesterol: 117.6mg (39.2%), Sodium: 266.62mg (11.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.21g (32.41%), Manganese: 2.76mg (138.22%), Selenium: 37.39µg (53.42%), Fiber: 13.24g (52.97%), Phosphorus: 461.23mg (46.12%), Copper: 0.77mg (38.44%), Magnesium: 140.1mg (35.03%), Vitamin B2: 0.49mg (28.98%), Vitamin B1: 0.43mg (28.61%), Calcium: 282.06mg (28.21%), Potassium: 884.89mg (25.28%), Vitamin B6: 0.5mg (25.18%), Zinc: 2.83mg (18.89%), Iron: 3.36mg (18.65%), Vitamin A: 895.57IU (17.91%), Folate: 70.6µg (17.65%), Vitamin B5: 1.59mg (15.94%), Vitamin C: 13.04mg (15.81%), Vitamin B3: 2.99mg (14.96%), Vitamin B12: 0.77µg (12.82%), Vitamin D: 1.69µg (11.28%), Vitamin K: 11.53µg (10.98%), Vitamin E: 1.44mg (9.63%)