



Apple-Raspberry Crumble with Oat-Walnut Topping

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



429 kcal

DESSERT

Ingredients

- ☐ 3 pounds baking apples (such as Macoun or Cortland)
- ☐ 0.8 cup flour all-purpose
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 tablespoons granulated sugar
- ☐ 1 pinch ground cinnamon
- ☐ 0.5 cup brown sugar light packed
- ☐ 1 pinch nutmeg freshly grated

- ☐ 2 cups raspberries
- ☐ 0.5 cup rolled oats
- ☐ 1 pinch salt
- ☐ 2 tablespoons butter unsalted cold cut into small pieces
- ☐ 7 tablespoons butter unsalted softened plus more for the baking dish
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup walnuts chopped

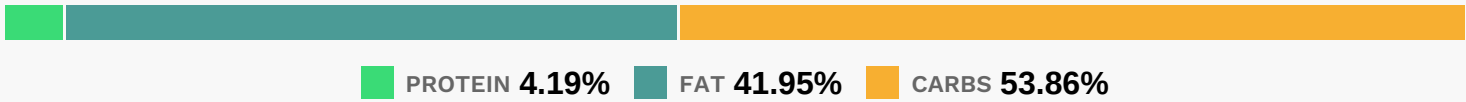
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Preheat the oven to 375 degrees F. Butter a 2-quart shallow baking dish or eight 6-ounce ramekins.
- ☐ Whisk the oats, flour, brown sugar and salt in a bowl. Stir in the walnuts. Work in the butter with your fingers until evenly moistened.
- ☐ Make the filling: Peel the apples and cut into 3/4-inch chunks. Toss with the raspberries, granulated sugar, flour, vanilla, nutmeg, cinnamon and salt in a large bowl.
- ☐ Transfer the filling to the prepared dish or ramekins and dot with 2 tablespoons butter. Squeeze handfuls of the crumble mixture and scatter on top of the fruit.
- ☐ Bake until golden and bubbly, 40 to 45 minutes.
- ☐ Let sit 10 minutes before serving. Top with whipped cream or ice cream, if desired.

Nutrition Facts



Properties

Glycemic Index:51.64, Glycemic Load:18.62, Inflammation Score:-6, Nutrition Score:10.986956567868%

Flavonoids

Cyanidin: 16.7mg, Cyanidin: 16.7mg, Cyanidin: 16.7mg, Cyanidin: 16.7mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 2.6mg, Catechin: 2.6mg, Catechin: 2.6mg, Catechin: 2.6mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 13.86mg, Epicatechin: 13.86mg, Epicatechin: 13.86mg, Epicatechin: 13.86mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 7.14mg, Quercetin: 7.14mg, Quercetin: 7.14mg, Quercetin: 7.14mg

Nutrients (% of daily need)

Calories: 429.13kcal (21.46%), Fat: 20.93g (32.21%), Saturated Fat: 8.93g (55.79%), Carbohydrates: 60.48g (20.16%), Net Carbohydrates: 52.79g (19.2%), Sugar: 37.33g (41.47%), Cholesterol: 33.86mg (11.29%), Sodium: 13.34mg (0.58%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 4.7g (9.4%), Manganese: 0.93mg (46.52%), Fiber: 7.69g (30.74%), Vitamin C: 15.83mg (19.19%), Copper: 0.3mg (14.89%), Vitamin B1: 0.21mg (13.81%), Folate: 49.36µg (12.34%), Magnesium: 44.28mg (11.07%), Phosphorus: 105.46mg (10.55%), Selenium: 7.02µg (10.03%), Vitamin A: 497.74IU (9.95%), Potassium: 332.01mg (9.49%), Iron: 1.69mg (9.37%), Vitamin B2: 0.15mg (9.05%), Vitamin B6: 0.16mg (8.13%), Vitamin K: 7.63µg (7.27%), Vitamin E: 1.04mg (6.93%), Vitamin B3: 1.34mg (6.71%), Zinc: 0.83mg (5.57%), Calcium: 48.91mg (4.89%), Vitamin B5: 0.42mg (4.17%), Vitamin D: 0.24µg (1.58%)