



Apricot & almond crumble

READY IN



65 min.

SERVINGS



6

CALORIES



877 kcal

DESSERT

Ingredients

- ☐ 820 g apricots drained canned
- ☐ 600 g apricot compote (we used Bonne Maman)
- ☐ 200 g flour plain
- ☐ 140 g almond with skins, chopped
- ☐ 1 tsp ground cinnamon
- ☐ 200 g butter diced
- ☐ 100 g caster sugar
- ☐ 100 g little demerara sugar
- ☐ 6 servings crème fraîche

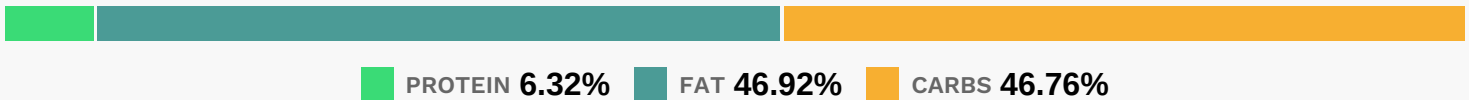
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Mix the apricots and compote together in a big baking dish or 6–8 individual dishes.
- ☐ Mix the flour, nuts and cinnamon, then rub in the butter to form crumbs. Stir in the sugars, then sprinkle over the apricot mixture. You can now cover and leave this for up to 24 hrs.
- ☐ Heat oven to 180C/160C fan/gas 4 (or turn down the oven once the pie comes out).
- ☐ Bake for 40–45 mins until the crumble is crisp and golden, then serve with ice cream or crme fraiche.

Nutrition Facts



Properties

Glycemic Index:59.07, Glycemic Load:48.46, Inflammation Score:-10, Nutrition Score:26.532608835594%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Catechin: 8.98mg, Catechin: 8.98mg, Catechin: 8.98mg, Catechin: 8.98mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg Epicatechin: 11.36mg, Epicatechin: 11.36mg, Epicatechin: 11.36mg, Epicatechin: 11.36mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg

Nutrients (% of daily need)

Calories: 877.39kcal (43.87%), Fat: 47.24g (72.68%), Saturated Fat: 22.62g (141.37%), Carbohydrates: 105.93g (35.31%), Net Carbohydrates: 96.68g (35.16%), Sugar: 70.16g (77.95%), Cholesterol: 100.71mg (33.57%), Sodium: 271.11mg (11.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.31g (28.63%), Vitamin A: 5670.57IU (113.41%), Vitamin E: 9.08mg (60.54%), Manganese: 1.03mg (51.6%), Vitamin B2: 0.7mg (41.08%), Fiber: 9.24g (36.97%), Vitamin C: 24.08mg (29.19%), Phosphorus: 280.41mg (28.04%), Potassium: 966.04mg (27.6%), Vitamin B1: 0.41mg (27.29%), Magnesium: 104.5mg (26.13%), Copper: 0.49mg (24.61%), Folate: 96.89µg (24.22%), Vitamin

B3: 4.33mg (21.64%), Selenium: 14.13µg (20.18%), Calcium: 197.52mg (19.75%), Iron: 3.51mg (19.49%), Zinc: 1.93mg (12.9%), Vitamin B5: 1.25mg (12.45%), Vitamin B6: 0.21mg (10.39%), Vitamin K: 10.58µg (10.07%), Vitamin B12: 0.31µg (5.23%)