



Apricot Crumble Parfait

 Vegetarian

READY IN



45 min.

SERVINGS



14

CALORIES



225 kcal

DESSERT

Ingredients

- 1 cup apricots dried coarsely chopped
- 1 pinch cinnamon
- 0.3 cup flour all-purpose
- 0.1 teaspoon kosher salt
- 0.3 cup brown sugar light packed ()
- 0.3 cup rolled oats
- 2 tablespoons sugar
- 3 tablespoons butter unsalted chilled cut into small pieces

2 pints vanilla pod

Equipment

bowl

baking sheet

sauce pan

oven

Directions

Cook apricots, sugar, and 1 cup water in a small heavy saucepan over low heat, stirring occasionally, until apricots are plump, soft, and just beginning to breakdown, about 30 minutes.

Transfer compote to a small bowl and let cool completely. DO AHEAD: Can be made 1 week ahead. Cover and refrigerate.

Preheat oven to 350°F.

Combine all ingredients in a large bowl. Rub mixture with your fingertips until butter is completely incorporated and mixture resembles wet sand.

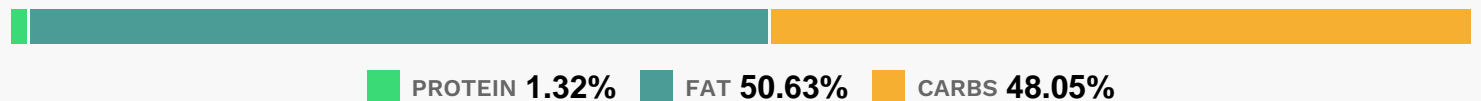
Spread out on a rimmed baking sheet.

Bake, stirring occasionally, until golden brown, 15–17 minutes.

Let cool completely. DO AHEAD: Can be made 3 days ahead. Store airtight at room temperature.

Scoop 2 tablespoons ice cream into each small jar or sturdy glass. Spoon 1 tablespoon apricot compote over ice cream and top with 1 tablespoon crumble. Repeat with remaining ingredients for 6 layers total. Freeze for 30 minutes to set.

Nutrition Facts



Properties

Glycemic Index:16.55, Glycemic Load:3.7, Inflammation Score:-2, Nutrition Score:1.5330435024655%

Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 225.39kcal (11.27%), Fat: 12.78g (19.66%), Saturated Fat: 1.57g (9.81%), Carbohydrates: 27.28g (9.09%), Net Carbohydrates: 26.78g (9.74%), Sugar: 6.57g (7.3%), Cholesterol: 6.45mg (2.15%), Sodium: 22.5mg (0.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.5%), Vitamin A: 288.25IU (5.76%), Manganese: 0.1mg (5.21%), Selenium: 1.67µg (2.38%), Vitamin B1: 0.04mg (2.38%), Fiber: 0.5g (2.02%), Folate: 7.19µg (1.8%), Iron: 0.29mg (1.63%), Phosphorus: 14.56mg (1.46%), Vitamin B2: 0.02mg (1.38%), Vitamin B3: 0.27mg (1.35%), Vitamin C: 1.11mg (1.34%), Potassium: 44.89mg (1.28%), Magnesium: 4.85mg (1.21%), Vitamin E: 0.18mg (1.19%), Copper: 0.02mg (1.15%)