



Baked apple & toffee crumble

READY IN



80 min.

SERVINGS



6

CALORIES



648 kcal

DESSERT

Ingredients

- ☐ 100 g raisins
- ☐ 100 g dates with scissors pitted snipped soft
- ☐ 85 g muscovado sugar light
- ☐ 3 tbsp orange juice dark (or use orange juice)
- ☐ 25 g butter unsalted
- ☐ 1 tsp spice mixed
- ☐ 1 lemon zest
- ☐ 4 bramley apples cored peeled cut into 1cm rings
- ☐ 125 g flour plain

- ☐ 100 g butter unsalted
- ☐ 50 g g muscovado sugar light
- ☐ 3 tbsp oats
- ☐ 25 g almonds flaked (or use other nuts if you like)
- ☐ 6 servings whipped cream

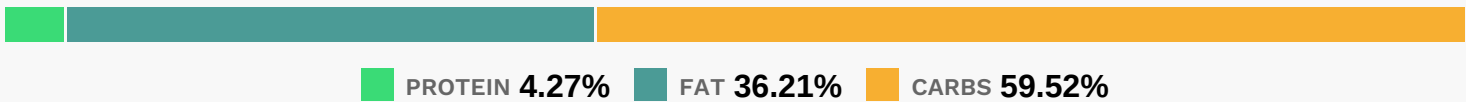
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Put everything for the apple layer, except the lemon juice and apples, into a bowl and microwave on High for 1 mins until the butter has melted and the sugar is syrupy. Toss in the apples and lemon juice, then spoon into a medium baking dish, making sure the dried fruit is evenly distributed.
- ☐ Rub the flour and butter together, first into fine crumbs, then keep going until the mix forms bigger clumps, a bit like a rough biscuit dough. Stir in the sugar, oats and almonds. Scatter over the fruit, then cover with foil and bake for 1 hr, removing the foil for the final 30 mins, until golden and bubbling. Rest for 10 mins, then serve with custard or ice cream.

Nutrition Facts



Properties

Glycemic Index:63.47, Glycemic Load:39.16, Inflammation Score:-7, Nutrition Score:13.338695712712%

Flavonoids

Cyanidin: 2.29mg, Cyanidin: 2.29mg, Cyanidin: 2.29mg, Cyanidin: 2.29mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 9.16mg, Epicatechin: 9.16mg, Epicatechin: 9.16mg, Epicatechin: 9.16mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg

Nutrients (% of daily need)

Calories: 647.68kcal (32.38%), Fat: 27.06g (41.63%), Saturated Fat: 15.5g (96.88%), Carbohydrates: 100.09g (33.36%), Net Carbohydrates: 92.69g (33.7%), Sugar: 60.06g (66.74%), Cholesterol: 73.83mg (24.61%), Sodium: 68.56mg (2.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.18g (14.37%), Fiber: 7.4g (29.6%), Manganese: 0.55mg (27.57%), Vitamin B2: 0.4mg (23.37%), Vitamin B1: 0.27mg (18.04%), Potassium: 627.43mg (17.93%), Vitamin A: 884.08IU (17.68%), Phosphorus: 168.18mg (16.82%), Vitamin C: 12.56mg (15.23%), Selenium: 10.41µg (14.88%), Calcium: 147.04mg (14.7%), Folate: 55.13µg (13.78%), Vitamin E: 2.01mg (13.41%), Magnesium: 51.43mg (12.86%), Iron: 2.31mg (12.83%), Copper: 0.24mg (11.87%), Vitamin B3: 2.08mg (10.39%), Vitamin B6: 0.17mg (8.72%), Vitamin B5: 0.78mg (7.79%), Zinc: 1.01mg (6.72%), Vitamin B12: 0.29µg (4.88%), Vitamin K: 5µg (4.76%), Vitamin D: 0.44µg (2.96%)