



Berry Almond Crumble

 Vegetarian

READY IN



70 min.

SERVINGS



6

CALORIES



556 kcal

DESSERT

Ingredients

- ☐ 8 cups berries: blueberries mixed fresh
- ☐ 1 Tbsp quick-cooking tapioca
- ☐ 2 tablespoons granulated sugar
- ☐ 0.5 teaspoon lemon zest finely grated
- ☐ 1.8 cups flour all-purpose
- ☐ 0.3 cup brown sugar dark
- ☐ 0.3 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon

- ☐ 0.5 teaspoon ground ginger
- ☐ 1 pinch salt
- ☐ 0.5 cup butter melted
- ☐ 0.5 cup almonds finely chopped

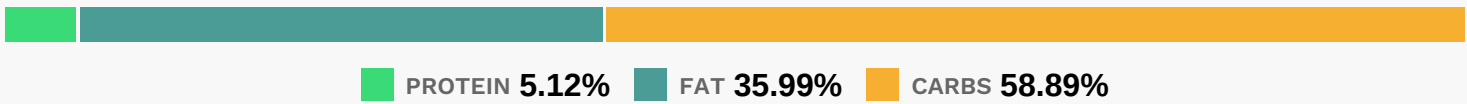
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 350°F.
- ☐ Mix berries with tapioca, sugar, zest: In a large bowl put berries and mix with tapioca, sugar and lemon zest. (Without tapioca, crumble will be very runny.) Set aside.
- ☐ Whisk together the flour, sugars, spices and salt in a large bowl. Stir in the melted butter and almonds until coarse crumbs form.
- ☐ Pour the filling into a 9-inch square or round pan (do not grease first). Using your fingers, form topping mixture into 1/4-inch to 1/2-inch crumbs and spread over cake.
- ☐ Bake at 350°F until filling bubbles and topping is light golden, about 45–55 minutes.
- ☐ Let cool at least half an hour.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:46.7, Glycemic Load:30.8, Inflammation Score:-7, Nutrition Score:15.554782641971%

Flavonoids

Cyanidin: 9.3mg, Cyanidin: 9.3mg, Cyanidin: 9.3mg, Cyanidin: 9.3mg Petunidin: 37.53mg, Petunidin: 37.53mg, Petunidin: 37.53mg, Petunidin: 37.53mg Delphinidin: 44.62mg, Delphinidin: 44.62mg, Delphinidin: 44.62mg, Delphinidin: 44.62mg Malvidin: 102.61mg, Malvidin: 102.61mg, Malvidin: 102.61mg, Malvidin: 102.61mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.97mg, Peonidin: 0.97mg, Peonidin: 0.97mg, Peonidin: 0.97mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 3.72mg, Luteolin: 3.72mg, Luteolin: 3.72mg, Luteolin: 3.72mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 2.32mg, Kaempferol: 2.32mg, Kaempferol: 2.32mg, Kaempferol: 2.32mg Myricetin: 3.64mg, Myricetin: 3.64mg, Myricetin: 3.64mg, Myricetin: 3.64mg Quercetin: 9.63mg, Quercetin: 9.63mg, Quercetin: 9.63mg, Quercetin: 9.63mg

Nutrients (% of daily need)

Calories: 555.76kcal (27.79%), Fat: 23.03g (35.43%), Saturated Fat: 10.35g (64.67%), Carbohydrates: 84.8g (28.27%), Net Carbohydrates: 76.53g (27.83%), Sugar: 45.05g (50.05%), Cholesterol: 40.67mg (13.56%), Sodium: 134.67mg (5.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.37g (14.73%), Manganese: 0.95mg (47.35%), Vitamin K: 35.43µg (33.74%), Fiber: 8.27g (33.09%), Vitamin E: 4.51mg (30.08%), Vitamin B1: 0.38mg (25.2%), Vitamin B2: 0.4mg (23.66%), Folate: 87.18µg (21.8%), Selenium: 13.59µg (19.41%), Vitamin B3: 3.7mg (18.51%), Iron: 2.67mg (14.81%), Magnesium: 52.59mg (13.15%), Copper: 0.25mg (12.62%), Phosphorus: 124.97mg (12.5%), Vitamin A: 569.03IU (11.38%), Vitamin B6: 0.16mg (8.09%), Potassium: 262.96mg (7.51%), Calcium: 72.65mg (7.27%), Vitamin C: 5.4mg (6.54%), Zinc: 0.81mg (5.38%), Vitamin B5: 0.51mg (5.13%)