



Berry crumble pots

READY IN



10 min.

SERVINGS



4

CALORIES



182 kcal

Ingredients

- ☐ 2 tbsp strawberry jam
- ☐ 2 juice 2 clementines or satsumas
- ☐ 300 g poached berries mixed
- ☐ 150 ml custard sauce fresh
- ☐ 4 tbsp double cream (or use crème fraîche or Greek yogurt if you prefer)
- ☐ 8 amaretti biscuits

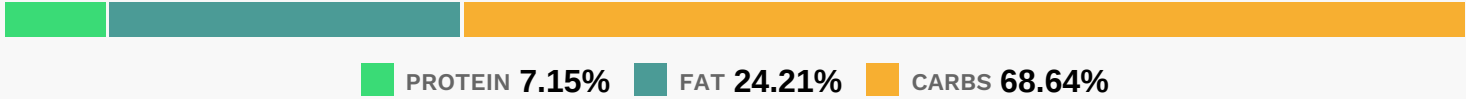
Equipment

- ☐ bowl

Directions

☐ Mix the jam and citrus juice together in a bowl. Stir in the berries. Divide half the berries between 4 glasses or small bowls. Top with the custard, the rest of the berries and finally the cream. Crumble over the biscuits and serve.

Nutrition Facts



Properties

Glycemic Index:33.09, Glycemic Load:6.63, Inflammation Score:-3, Nutrition Score:4.6895652024642%

Flavonoids

Cyanidin: 3.27mg, Cyanidin: 3.27mg, Cyanidin: 3.27mg, Cyanidin: 3.27mg Petunidin: 13.62mg, Petunidin: 13.62mg, Petunidin: 13.62mg, Petunidin: 13.62mg Delphinidin: 16.19mg, Delphinidin: 16.19mg, Delphinidin: 16.19mg, Delphinidin: 16.19mg Malvidin: 37.24mg, Malvidin: 37.24mg, Malvidin: 37.24mg, Malvidin: 37.24mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 1.32mg, Myricetin: 1.32mg, Myricetin: 1.32mg, Myricetin: 1.32mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 182.37kcal (9.12%), Fat: 5.08g (7.81%), Saturated Fat: 2.22g (13.87%), Carbohydrates: 32.39g (10.8%), Net Carbohydrates: 29.93g (10.89%), Sugar: 20.41g (22.68%), Cholesterol: 29.88mg (9.96%), Sodium: 70.44mg (3.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.75%), Vitamin K: 12.57µg (11.97%), Fiber: 2.45g (9.8%), Vitamin B2: 0.15mg (9.05%), Calcium: 82.29mg (8.23%), Phosphorus: 77.41mg (7.74%), Manganese: 0.12mg (5.95%), Selenium: 3.4µg (4.86%), Vitamin B5: 0.45mg (4.49%), Potassium: 156.23mg (4.46%), Vitamin B12: 0.26µg (4.29%), Vitamin B6: 0.08mg (3.99%), Vitamin A: 190.62IU (3.81%), Vitamin B1: 0.06mg (3.69%), Vitamin D: 0.54µg (3.58%), Vitamin C: 2.91mg (3.53%), Magnesium: 12.53mg (3.13%), Vitamin E: 0.44mg (2.96%), Folate: 11.09µg (2.77%), Iron: 0.46mg (2.55%), Copper: 0.05mg (2.52%), Vitamin B3: 0.46mg (2.32%), Zinc: 0.33mg (2.17%)