



## Berry Fruit Crumble

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



6

CALORIES



178 kcal

DESSERT

### Ingredients

- 4 cups berries mixed fresh frozen
- 1 Tablespoon maple syrup
- 0.3 cups oatmeal
- 0.3 cups oatmeal
- 0.3 cups almond flour
- 4 teaspoons brown sugar packed
- 4 teaspoons brown sugar packed
- 1 teaspoon ground cinnamon

7 teaspoons butter light

## Equipment

food processor

bowl

oven

baking pan

## Directions

Preheat oven to 350

In a baking dish add berries and maple syrup, give a light stir, set a side.

In a small bowl, add oatmeal, almond meal, brown sugar and cinnamon.

Mix well, add butter and crumble together with a fork.

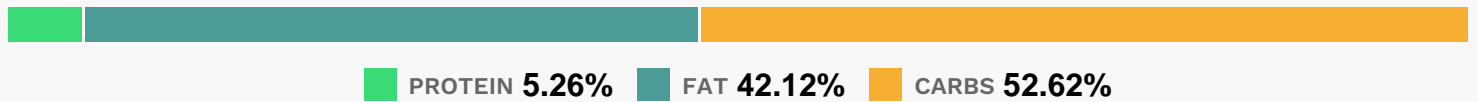
Add the oatmeal topping to the mixed berries.

Place in oven and bake for 30 minutes, until the top is light golden brown.

NOTE: If you dont have almond meal, just grind some almonds in the food processor until crumbly. Dont process to long to youll have peanut butter! Worse case scenario use whole wheat flour.

Calories per serving: 165, Fat: 6.2, Cholesterol: 0, Sodium: 32, Potassium: 35, Carbs: 24, Fiber: 6.5, Sugar: 10, Protein: 4

## Nutrition Facts



## Properties

Glycemic Index:27.08, Glycemic Load:2.44, Inflammation Score:-4, Nutrition Score:4.8665217391304%

## Flavonoids

Cyanidin: 4.51mg, Cyanidin: 4.51mg, Cyanidin: 4.51mg, Cyanidin: 4.51mg Petunidin: 18.77mg, Petunidin: 18.77mg, Petunidin: 18.77mg, Petunidin: 18.77mg Delphinidin: 22.31mg, Delphinidin: 22.31mg, Delphinidin: 22.31mg, Delphinidin: 22.31mg Malvidin: 51.31mg, Malvidin: 51.31mg, Malvidin: 51.31mg, Malvidin: 51.31mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg

0.49mg, Peonidin: 0.49mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.86mg, Luteolin: 1.86mg, Luteolin: 1.86mg, Luteolin: 1.86mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 1.82mg, Myricetin: 1.82mg, Myricetin: 1.82mg, Myricetin: 1.82mg Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg

## Taste

Sweetness: 100%, Saltiness: 0.36%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 54.55%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 178.29kcal (8.91%), Fat: 8.84g (13.59%), Saturated Fat: 1.33g (8.3%), Carbohydrates: 24.84g (8.28%), Net Carbohydrates: 20.77g (7.55%), Sugar: 16.2g (18%), Cholesterol: 0mg (0%), Sodium: 58.91mg (2.56%), Protein: 2.48g (4.97%), Manganese: 0.44mg (22.03%), Vitamin K: 17.13µg (16.31%), Fiber: 4.07g (16.27%), Vitamin A: 257.18IU (5.14%), Vitamin B2: 0.09mg (5.12%), Vitamin E: 0.71mg (4.7%), Iron: 0.72mg (4.02%), Vitamin B1: 0.06mg (3.71%), Calcium: 36.82mg (3.68%), Magnesium: 13.72mg (3.43%), Phosphorus: 33.1mg (3.31%), Vitamin B6: 0.07mg (3.28%), Vitamin C: 2.61mg (3.16%), Vitamin B3: 0.61mg (3.05%), Copper: 0.06mg (2.85%), Potassium: 92.43mg (2.64%), Zinc: 0.36mg (2.42%), Selenium: 1.58µg (2.25%), Folate: 8.92µg (2.23%), Vitamin B5: 0.22mg (2.23%)