



WHATSheATE



Blackberry-Pear Crumble (Vegan, Gluten-Free, Nut-Free)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



477 kcal

DESSERT

Ingredients

- ☐ 20 ounce blackberries frozen
- ☐ 0.8 cup brown sugar packed
- ☐ 2 tablespoons cornstarch
- ☐ 2 pounds d'anjou pears firm cored peeled cut into 1-inch chunks
- ☐ 10 tablespoons dairy-free margarine unsalted cold for the baking dish cut into small pieces, more
- ☐ 0.5 cup granulated sugar
- ☐ 1.5 teaspoons ground cinnamon

- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 cup quinoa flakes
- ☐ 1 pinch salt

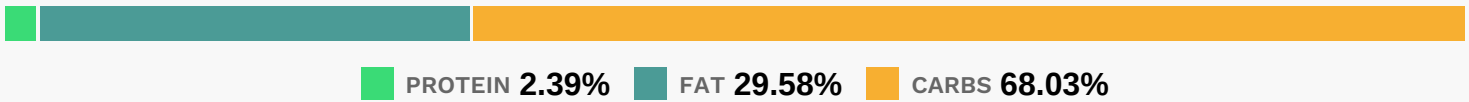
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 375°F.
- ☐ Combine brown rice flour, brown sugar, cinnamon, nutmeg, salt and quinoa flakes.Using fingers or two knives, blend in butter until mixture resembles coarse crumbs. Set aside.Toss frozen blackberries with cornstarch, pears, sugar and lemon juice gently to combine.
- ☐ Transfer fruit to a buttered 12-inch baking dish.
- ☐ Spread crumble topping evenly over fruit.
- ☐ Bake until topping is golden brown and fruit juices bubble, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:34.47, Glycemic Load:19.4, Inflammation Score:-8, Nutrition Score:13.852608846582%

Flavonoids

Cyanidin: 97.57mg, Cyanidin: 97.57mg, Cyanidin: 97.57mg, Cyanidin: 97.57mg Pelargonidin: 0.43mg, Pelargonidin: 0.43mg, Pelargonidin: 0.43mg, Pelargonidin: 0.43mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 35.43mg, Catechin: 35.43mg, Catechin: 35.43mg, Catechin: 35.43mg Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg Epicatechin: 10.09mg, Epicatechin: 10.09mg, Epicatechin: 10.09mg, Epicatechin: 10.09mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.9mg, Epigallocatechin 3-gallate: 0.9mg, Epigallocatechin 3-gallate: 0.9mg, Epigallocatechin 3-gallate: 0.9mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg

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Nutrients (% of daily need)

Calories: 477.2kcal (23.86%), Fat: 16.36g (25.17%), Saturated Fat: 3.97g (24.79%), Carbohydrates: 84.65g (28.22%), Net Carbohydrates: 74.13g (26.96%), Sugar: 63.32g (70.36%), Cholesterol: 0mg (0%), Sodium: 168.37mg (7.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.94%), Fiber: 10.52g (42.07%), Manganese: 0.79mg (39.65%), Vitamin E: 5.82mg (38.79%), Vitamin K: 38.47µg (36.64%), Vitamin C: 28.3mg (34.31%), Vitamin A: 1132.99IU (22.66%), Vitamin B2: 0.28mg (16.5%), Copper: 0.3mg (14.93%), Potassium: 379.6mg (10.85%), Folate: 35.58µg (8.89%), Phosphorus: 87.21mg (8.72%), Iron: 1.48mg (8.24%), Magnesium: 32.79mg (8.2%), Calcium: 69.52mg (6.95%), Zinc: 0.68mg (4.51%), Vitamin B3: 0.9mg (4.48%), Vitamin B6: 0.09mg (4.33%), Vitamin B5: 0.38mg (3.8%), Vitamin B1: 0.04mg (2.58%), Selenium: 1.06µg (1.51%)