

Blackberry slump

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



293 kcal

SIDE DISH

Ingredients

- ☐ 550 g blackberries
- ☐ 411 g peach in fruit juice and 5 tbsp juice reserved drained canned
- ☐ 2 tbsp caster sugar
- ☐ 0.5 tsp ground cinnamon
- ☐ 2 tbsp juice of lemon
- ☐ 150 g polenta
- ☐ 175 g flour plain
- ☐ 2 tsp double-acting baking powder

- ☐ 25 g butter plus extra for greasing
- ☐ 50 g hazelnuts skinned toasted chopped
- ☐ 200 ml milk

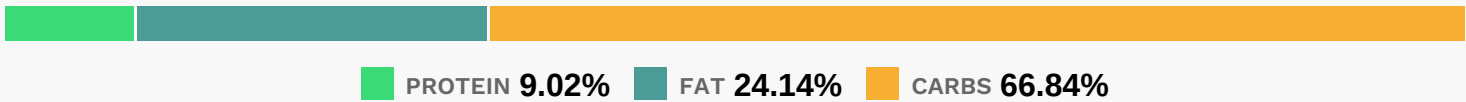
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Lightly butter a 1.7 litre ovenproof shallow dish.
- ☐ Spread blackberries and drained peach slices in the bottom of the dish.
- ☐ Mix together the caster sugar and cinnamon, then sprinkle over the top and pour over the lemon juice and the reserved juice from the peaches.
- ☐ Bake, uncovered, for 10 mins until the juices begin to run.
- ☐ Remove the dish from the oven and set aside.
- ☐ To make the topping, sift the polenta, flour, baking powder and a pinch of salt into a bowl. Rub in the butter with your fingertips until the mixture is the consistency of breadcrumbs.
- ☐ Add the sugar and toasted nuts and mix well, then stir in the milk to make a soft, sticky dough.
- ☐ Increase oven temperature to 220C/fan 200C/gas
- ☐ Drop spoonfuls of the dough over the top of the berries, then return to the oven for 15 mins until the topping is golden brown.
- ☐ Serve hot with cream, custard or ice cream.

Nutrition Facts



Properties

Glycemic Index:51.36, Glycemic Load:18.05, Inflammation Score:-6, Nutrition Score:12.75391314859%

Flavonoids

Cyanidin: 69.15mg, Cyanidin: 69.15mg, Cyanidin: 69.15mg, Cyanidin: 69.15mg Pelargonidin: 0.31mg, Pelargonidin: 0.31mg, Pelargonidin: 0.31mg, Pelargonidin: 0.31mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 26.2mg, Catechin: 26.2mg, Catechin: 26.2mg, Catechin: 26.2mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 5.64mg, Epicatechin: 5.64mg, Epicatechin: 5.64mg, Epicatechin: 5.64mg Epigallocatechin 3–gallate: 0.53mg, Epigallocatechin 3–gallate: 0.53mg, Epigallocatechin 3–gallate: 0.53mg, Epigallocatechin 3–gallate: 0.53mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 292.89kcal (14.64%), Fat: 8.02g (12.34%), Saturated Fat: 2.45g (15.32%), Carbohydrates: 49.98g (16.66%), Net Carbohydrates: 44.63g (16.23%), Sugar: 13.08g (14.54%), Cholesterol: 9.81mg (3.27%), Sodium: 155.24mg (6.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.75g (13.49%), Manganese: 1.07mg (53.36%), Fiber: 5.34g (21.37%), Vitamin C: 16.75mg (20.3%), Vitamin B1: 0.28mg (18.42%), Selenium: 11.63µg (16.61%), Folate: 66.07µg (16.52%), Vitamin K: 14.97µg (14.26%), Copper: 0.27mg (13.72%), Calcium: 136.75mg (13.67%), Phosphorus: 126.55mg (12.66%), Vitamin E: 1.85mg (12.37%), Iron: 2.13mg (11.83%), Vitamin B2: 0.19mg (11%), Vitamin B3: 2.14mg (10.72%), Magnesium: 40.17mg (10.04%), Potassium: 299.14mg (8.55%), Vitamin A: 309.58IU (6.19%), Vitamin B6: 0.12mg (6%), Zinc: 0.87mg (5.81%), Vitamin B5: 0.56mg (5.64%), Vitamin B12: 0.14µg (2.41%), Vitamin D: 0.28µg (1.89%)