



# Blueberry Crumble With Cornmeal-Almond Topping

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



401 kcal

DESSERT

## Ingredients

- 0.8 cup almonds chopped
- 4 cups blueberries
- 0.5 cup cornmeal
- 0.8 cup flour all-purpose
- 1 tablespoon flour all-purpose
- 0.3 cup granulated sugar
- 1 teaspoon juice of lemon fresh

- 0.5 cup brown sugar light packed
- 1 pinch salt
- 2 tablespoons butter unsalted cold cut into small pieces
- 7 tablespoons butter unsalted softened plus more for the baking dish

## Equipment

- bowl
- oven
- whisk
- ramekin
- baking pan

## Directions

- Preheat the oven to 375 degrees F. Butter a 2-quart shallow baking dish or eight 6-ounce ramekins (if you are using ramekins, double the filling).
- Whisk the cornmeal, flour, brown sugar and salt in a bowl. Stir in the almonds. Work in the butter with your fingers until evenly moistened.
- Make the filling: Toss the blueberries, granulated sugar, flour and lemon juice in a bowl.
- Transfer the filling to the prepared dish or ramekins and dot with 2 tablespoons butter. Squeeze handfuls of the crumble mixture and scatter on top of the fruit.
- Bake until golden and bubbly, 40 to 45 minutes.
- Let sit 10 minutes before serving. Top with whipped cream or ice cream, if desired.

## Nutrition Facts



**PROTEIN 5.59%** **FAT 44.15%** **CARBS 50.26%**

## Properties

Glycemic Index:42.32, Glycemic Load:20.83, Inflammation Score:-6, Nutrition Score:10.712608713171%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 401.43kcal (20.07%), Fat: 20.45g (31.45%), Saturated Fat: 8.74g (54.65%), Carbohydrates: 52.37g (17.46%), Net Carbohydrates: 47.64g (17.32%), Sugar: 29.82g (33.14%), Cholesterol: 33.86mg (11.29%), Sodium: 12.04mg (0.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.83g (11.66%), Manganese: 0.71mg (35.74%), Vitamin E: 4.26mg (28.43%), Fiber: 4.73g (18.92%), Vitamin B2: 0.26mg (15.41%), Vitamin K: 15.44µg (14.71%), Magnesium: 55.64mg (13.91%), Vitamin B1: 0.19mg (12.33%), Copper: 0.23mg (11.61%), Phosphorus: 113.77mg (11.38%), Iron: 1.69mg (9.41%), Folate: 37.61µg (9.4%), Vitamin B3: 1.81mg (9.05%), Vitamin C: 7.42mg (8.99%), Vitamin A: 433.72IU (8.67%), Selenium: 5.88µg (8.41%), Potassium: 223.67mg (6.39%), Vitamin B6: 0.13mg (6.37%), Zinc: 0.95mg (6.35%), Calcium: 58.31mg (5.83%), Vitamin B5: 0.31mg (3.05%), Vitamin D: 0.24µg (1.58%)