



Blueberry Lemon Crumbles

 Vegetarian

READY IN



300 min.

SERVINGS



24

CALORIES



155 kcal

DESSERT

Ingredients

- ☐ 1 cup almonds with skins sliced
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.3 cup blueberries dried
- ☐ 2 large egg yolks
- ☐ 1.8 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest fresh finely grated

- ☐ 0.5 cup brown sugar light packed
- ☐ 0.5 cup blueberry preserves
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup butter unsalted softened
- ☐ 1 teaspoon vanilla

Equipment

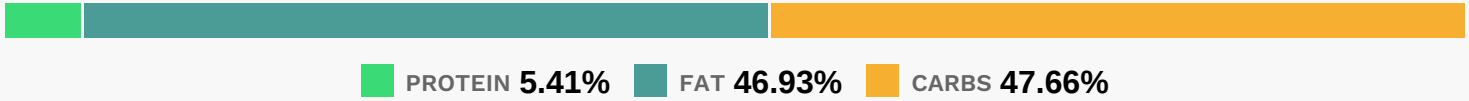
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ muffin tray
- ☐ offset spatula

Directions

- ☐ Put oven rack in middle position and preheat oven to 375°F.
- ☐ Toast almonds in 1 layer in a shallow baking pan, stirring once, until golden, 3 to 5 minutes. Cool completely in pan on a rack. Leave oven on.
- ☐ Pulse flour, sugars, 1 teaspoon zest, cinnamon, and salt in a food processor until combined, then add butter and pulse until mixture resembles a coarse meal.
- ☐ Add yolks and vanilla and process until mixture begins to come together in clumps.
- ☐ Transfer 1 1/3 cups packed dough to a bowl and stir in almonds (some almonds will break) for almond crumble topping. Gather remaining dough into a ball.
- ☐ Generously butter bottoms, sides, and top of muffin pan. Press 1 tablespoon dough into bottom and up side of each muffin cup. Chill until dough is firm, about 15 minutes.
- ☐ Stir remaining teaspoon zest, lemon juice (2 teaspoons), and dried blueberries into preserves in a small bowl. Spoon a rounded 1/2 teaspoon preserves mixture onto dough in each muffin cup. Crumble 1 rounded teaspoon almond topping evenly into each cup.

- ☐ Bake until topping is deep golden brown and filling is bubbling, about 20 to 25 minutes. Cool completely in muffin pan on a rack. Loosen edges of crumbles carefully with a small offset spatula or sharp knife, then carefully remove from pan.
- ☐ Crumbles keep in an airtight container at room temperature 1 week.

Nutrition Facts



Properties

Glycemic Index:8.34, Glycemic Load:8.13, Inflammation Score:-2, Nutrition Score:3.332608676475%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Petunidin: 0.97mg, Petunidin: 0.97mg, Petunidin: 0.97mg, Petunidin: 0.97mg Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.63mg, Peonidin: 0.63mg, Peonidin: 0.63mg, Peonidin: 0.63mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 154.54kcal (7.73%), Fat: 8.21g (12.63%), Saturated Fat: 3.94g (24.63%), Carbohydrates: 18.76g (6.25%), Net Carbohydrates: 17.65g (6.42%), Sugar: 10.32g (11.47%), Cholesterol: 30.55mg (10.18%), Sodium: 52.07mg (2.26%), Alcohol: 0.06g (100%), Alcohol %: 0.2% (100%), Protein: 2.13g (4.26%), Manganese: 0.17mg (8.61%), Vitamin E: 1.21mg (8.05%), Selenium: 4.2µg (6%), Vitamin B2: 0.1mg (5.94%), Vitamin B1: 0.08mg (5.57%), Folate: 20.99µg (5.25%), Fiber: 1.12g (4.47%), Vitamin A: 199.64IU (3.99%), Iron: 0.69mg (3.86%), Phosphorus: 36.15mg (3.62%), Vitamin B3: 0.7mg (3.5%), Magnesium: 13.26mg (3.32%), Copper: 0.06mg (2.98%), Calcium: 21.07mg (2.11%), Potassium: 67.45mg (1.93%), Zinc: 0.23mg (1.54%), Vitamin D: 0.18µg (1.22%), Vitamin B5: 0.12mg (1.19%), Vitamin K: 1.14µg (1.09%)