



Blueberry Peach Crumble

READY IN



45 min.

SERVINGS



9

CALORIES



307 kcal

DESSERT

Ingredients

- ☐ 3 cups blueberries fresh
- ☐ 2 tablespoons brown sugar
- ☐ 6 commercial coconut macaroons
- ☐ 0.5 cup flour all-purpose
- ☐ 1 tablespoon flour all-purpose
- ☐ 3 tablespoons butter melted reduced-calorie
- ☐ 2.3 cups vanilla nonfat yogurt frozen
- ☐ 3 cups peaches fresh sliced
- ☐ 0.3 cup sugar divided

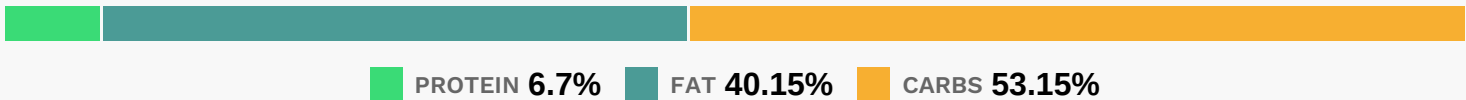
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ baking pan

Directions

- ☐ Place macaroons on a baking sheet.
- ☐ Bake at 275 for 25 minutes.
- ☐ Position knife blade in food processor bowl; add macaroons, and process until coarsely chopped.
- ☐ Combine chopped macaroons, 1/2 cup flour, 2 tablespoons sugar, and brown sugar in a medium bowl.
- ☐ Add margarine, and stir well. Set aside.
- ☐ Combine peaches and blueberries in an 8-inch square baking dish.
- ☐ Combine remaining 2 tablespoons sugar and 1 tablespoon flour; sprinkle over fruit mixture. Top with macaroon mixture.
- ☐ Bake, uncovered, at 350 for 30 minutes.
- ☐ Serve warm, and top each serving with 1/4 cup frozen yogurt.

Nutrition Facts



Properties

Glycemic Index:34.48, Glycemic Load:12.52, Inflammation Score:-5, Nutrition Score:9.541304235873%

Flavonoids

Cyanidin: 5.16mg, Cyanidin: 5.16mg, Cyanidin: 5.16mg, Cyanidin: 5.16mg Petunidin: 15.55mg, Petunidin: 15.55mg, Petunidin: 15.55mg, Petunidin: 15.55mg Delphinidin: 17.48mg, Delphinidin: 17.48mg, Delphinidin: 17.48mg, Delphinidin: 17.48mg Malvidin: 33.34mg, Malvidin: 33.34mg, Malvidin: 33.34mg, Malvidin: 33.34mg Peonidin: 10.01mg, Peonidin: 10.01mg, Peonidin: 10.01mg, Peonidin: 10.01mg Catechin: 5.14mg, Catechin: 5.14mg, Catechin: 5.14mg, Catechin: 5.14mg Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 307.45kcal (15.37%), Fat: 14.32g (22.04%), Saturated Fat: 9.8g (61.24%), Carbohydrates: 42.66g (14.22%), Net Carbohydrates: 37.8g (13.74%), Sugar: 30.88g (34.31%), Cholesterol: 1.23mg (0.41%), Sodium: 93.66mg (4.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.37g (10.75%), Manganese: 0.72mg (36.17%), Fiber: 4.86g (19.46%), Selenium: 10.53µg (15.05%), Phosphorus: 133.58mg (13.36%), Vitamin B2: 0.19mg (11.39%), Vitamin K: 11.82µg (11.26%), Copper: 0.22mg (10.91%), Calcium: 107.15mg (10.71%), Vitamin C: 8.32mg (10.08%), Potassium: 340.18mg (9.72%), Vitamin B1: 0.14mg (9.09%), Folate: 33.66µg (8.41%), Iron: 1.47mg (8.15%), Vitamin A: 368.26IU (7.37%), Magnesium: 27.95mg (6.99%), Zinc: 1.04mg (6.91%), Vitamin B3: 1.31mg (6.53%), Vitamin E: 0.91mg (6.09%), Vitamin B12: 0.29µg (4.88%), Vitamin B6: 0.08mg (4.21%), Vitamin B5: 0.27mg (2.71%)