



Blueberry Pecan Crumble

READY IN

ready

65 min.

SERVINGS

servings

8

CALORIES

calories

344 kcal

DESSERT

Ingredients

- ☐ 2 pints blueberries fresh
- ☐ 0.5 cup brown sugar dark packed
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 juice of lemon juiced
- ☐ 1 cup pecans
- ☐ 1.3 cups rolled oats old-fashioned
- ☐ 2 pinches a couple salt

- ☐ 3 tablespoons sugar
- ☐ 8 tablespoons butte cut into small pieces
- ☐ 8 tablespoons butte cut into small pieces

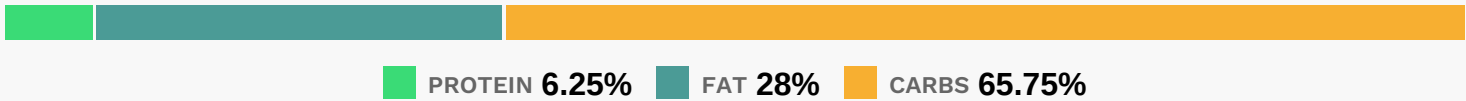
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ For the topping: Put all topping ingredients in a bowl and rub together with your hands until mixture sticks together in small clumps.
- ☐ Pour the blueberries into a 9 by 13-inch baking dish. Squeeze the lemon juice over the berries, sprinkle the sugar and flour over them and toss until the berries are coated with sugar.
- ☐ Scatter the topping over the berries in an even layer.
- ☐ Bake until the topping is golden brown and the berry juice is bubbling up through the topping, about 45 to 50 minutes.

Nutrition Facts



Properties

Glycemic Index:39.39, Glycemic Load:21.51, Inflammation Score:-6, Nutrition Score:13.133043465407%

Flavonoids

Cyanidin: 11.47mg, Cyanidin: 11.47mg, Cyanidin: 11.47mg, Cyanidin: 11.47mg Petunidin: 37.3mg, Petunidin: 37.3mg, Petunidin: 37.3mg, Petunidin: 37.3mg Delphinidin: 42.9mg, Delphinidin: 42.9mg, Delphinidin: 42.9mg, Delphinidin: 42.9mg Malvidin: 79.95mg, Malvidin: 79.95mg, Malvidin: 79.95mg, Malvidin: 79.95mg Peonidin: 24mg, Peonidin: 24mg, Peonidin: 24mg, Peonidin: 24mg Catechin: 7.24mg, Catechin: 7.24mg, Catechin: 7.24mg, Catechin: 7.24mg Epigallocatechin: 1.55mg, Epigallocatechin: 1.55mg, Epigallocatechin: 1.55mg, Epigallocatechin: 1.55mg Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg Quercetin: 9.08mg, Quercetin: 9.08mg, Quercetin: 9.08mg, Quercetin: 9.08mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 343.9kcal (17.19%), Fat: 11.22g (17.26%), Saturated Fat: 1.04g (6.53%), Carbohydrates: 59.28g (19.76%), Net Carbohydrates: 53.24g (19.36%), Sugar: 30.38g (33.75%), Cholesterol: 0mg (0%), Sodium: 103.13mg (4.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.64g (11.28%), Manganese: 1.64mg (82.15%), Fiber: 6.04g (24.15%), Vitamin K: 23.69µg (22.56%), Vitamin B1: 0.33mg (21.99%), Copper: 0.31mg (15.68%), Vitamin C: 12.36mg (14.98%), Selenium: 10.43µg (14.9%), Phosphorus: 123.64mg (12.36%), Iron: 2.15mg (11.94%), Folate: 46.7µg (11.68%), Magnesium: 46.42mg (11.6%), Vitamin B2: 0.17mg (10.21%), Zinc: 1.4mg (9.34%), Vitamin B3: 1.85mg (9.25%), Potassium: 232.94mg (6.66%), Vitamin E: 0.94mg (6.25%), Vitamin B6: 0.12mg (5.87%), Vitamin B5: 0.5mg (5.04%), Calcium: 39.98mg (4%), Vitamin A: 72.36IU (1.45%)