



## Breakfast Fruit Crumble Topped with NUTELLA®

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



385 kcal

DESSERT

### Ingredients

- 0.3 cup brown sugar packed
- 2 tablespoons cornstarch
- 0.3 cup flour all-purpose
- 2 tablespoons granulated sugar
- 2 teaspoons ground cinnamon
- 1 teaspoon maple extract
- 0.3 cup non-hydrogenated margarine softened

- 6 tablespoons nutella
- 4 cups peaches frozen thawed
- 1.5 cups quick-cooking rolled oats
- 1 cup raspberries fresh
- 1 cup strawberries fresh halved

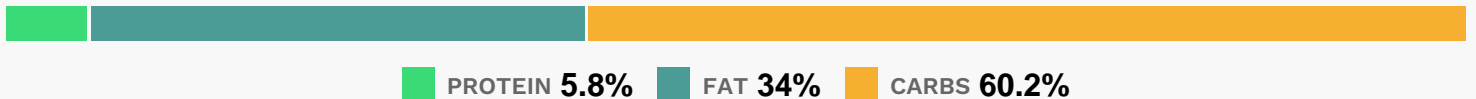
## Equipment

- bowl
- baking sheet
- oven
- ramekin

## Directions

- Preheat oven to 350 degrees F (180 degrees C).
- In a large bowl, combine peaches, strawberries, raspberries, granulated sugar, cornstarch and vanilla. Spoon into six 1-cup (250 mL) ramekins.
- In another bowl, combine oats, flour, brown sugar, butter and cinnamon. Divide crumble mixture over the fruit.
- Place ramekins on a baking sheet.
- Bake for 30 to 40 minutes or until fruit is soft and bubbling. Cool completely.
- Serve with a tablespoon (15 mL) of NUTELLA® on top.

## Nutrition Facts



## Properties

Glycemic Index:58.45, Glycemic Load:20.89, Inflammation Score:-7, Nutrition Score:14.031739203826%

## Flavonoids

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## **Nutrients (% of daily need)**

Calories: 385.12kcal (19.26%), Fat: 15.05g (23.16%), Saturated Fat: 7.1g (44.35%), Carbohydrates: 59.96g (19.99%), Net Carbohydrates: 53.22g (19.35%), Sugar: 33.86g (37.62%), Cholesterol: 0mg (0%), Sodium: 114.19mg (4.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.78g (11.56%), Manganese: 1.48mg (74.04%), Vitamin C: 23.61mg (28.61%), Fiber: 6.74g (26.97%), Magnesium: 85.04mg (21.26%), Selenium: 11.84µg (16.92%), Phosphorus: 164.04mg (16.4%), Vitamin E: 2.36mg (15.76%), Iron: 2.71mg (15.07%), Copper: 0.29mg (14.35%), Vitamin A: 685.02IU (13.7%), Vitamin B1: 0.2mg (13.6%), Potassium: 364.81mg (10.42%), Folate: 34.95µg (8.74%), Zinc: 1.25mg (8.35%), Vitamin B3: 1.61mg (8.07%), Vitamin B2: 0.13mg (7.69%), Vitamin K: 6.39µg (6.09%), Calcium: 60.45mg (6.05%), Vitamin B5: 0.51mg (5.08%), Vitamin B6: 0.09mg (4.57%)