



Cherry Almond Crumble

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



716 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons almond extract pure
- ☐ 0.5 cup almonds sliced
- ☐ 5 tablespoons butter melted
- ☐ 1 cup cherry pie filling prepared
- ☐ 1 cup cherry preserves
- ☐ 0.5 cup brown sugar dark
- ☐ 0.3 cup cherries dried
- ☐ 1 teaspoon ground cinnamon

- ☐ 1 cup quick-cooking oats
- ☐ 4 servings whipped non-dairy topping sour

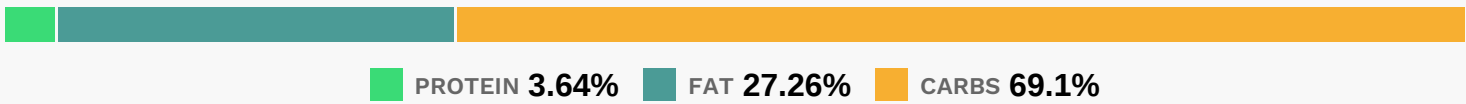
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ ramekin

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Spray 4 (8-ounce) ramekins or custard cups with cooking spray. Stir pie filling, preserves, dried cherries, and almond extract in a large bowl to blend. Spoon cherry mixture into ramekins.
- ☐ Place ramekins on a cookie sheet.
- ☐ Toss oats, brown sugar, almonds, and cinnamon in medium bowl to combine.
- ☐ Drizzle melted butter over; stir to moisten.
- ☐ Sprinkle topping over cherry mixture.
- ☐ Bake for 20 minutes, or until topping is golden and cherry mixture bubbles.
- ☐ Serve warm with whipped topping or sour cream.

Nutrition Facts



Properties

Glycemic Index:46.25, Glycemic Load:39.56, Inflammation Score:-7, Nutrition Score:13.000869725062%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 715.81kcal (35.79%), Fat: 22.02g (33.88%), Saturated Fat: 10.19g (63.67%), Carbohydrates: 125.6g (41.87%), Net Carbohydrates: 119.99g (43.63%), Sugar: 73.88g (82.09%), Cholesterol: 37.72mg (12.57%), Sodium: 163.43mg (7.11%), Alcohol: 0.52g (100%), Alcohol %: 0.28% (100%), Protein: 6.62g (13.24%), Manganese: 1.29mg (64.73%), Magnesium: 96.94mg (24.24%), Vitamin E: 3.63mg (24.19%), Fiber: 5.61g (22.44%), Phosphorus: 182.21mg (18.22%), Copper: 0.34mg (17.1%), Vitamin A: 832.44IU (16.65%), Vitamin B2: 0.24mg (14.18%), Selenium: 9.93µg (14.18%), Iron: 2.3mg (12.75%), Vitamin C: 9.63mg (11.67%), Vitamin B1: 0.16mg (10.9%), Calcium: 106.18mg (10.62%), Potassium: 334.11mg (9.55%), Zinc: 1.13mg (7.52%), Folate: 24.23µg (6.06%), Vitamin B6: 0.09mg (4.44%), Vitamin B3: 0.75mg (3.76%), Vitamin B5: 0.31mg (3.1%), Vitamin K: 2.17µg (2.07%)