



## Cinnamon-Nut Crumble

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



196 kcal

DESSERT

### Ingredients

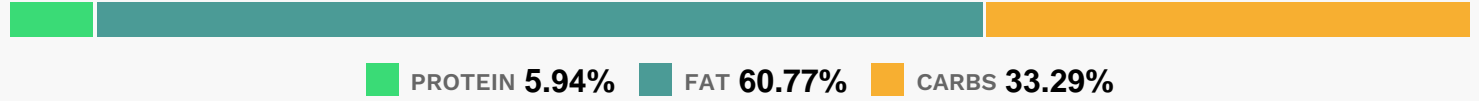
- 0.5 cup brown sugar packed
- 3 tablespoons butter melted
- 6 tablespoons flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 cup pecans coarsely chopped
- 0.5 cup slivered almonds
- 0.5 cup walnut pieces coarsely chopped

### Equipment

# Directions

Stir together all ingredients.

# Nutrition Facts



## Properties

Glycemic Index:17, Glycemic Load:2.64, Inflammation Score:-3, Nutrition Score:5.3504347065869%

## Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 195.97kcal (9.8%), Fat: 13.89g (21.36%), Saturated Fat: 3.07g (19.17%), Carbohydrates: 17.11g (5.7%), Net Carbohydrates: 15.3g (5.56%), Sugar: 11.29g (12.55%), Cholesterol: 9.03mg (3.01%), Sodium: 30.37mg (1.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.11%), Manganese: 0.64mg (32.05%), Copper: 0.23mg (11.32%), Vitamin E: 1.6mg (10.7%), Magnesium: 32.6mg (8.15%), Fiber: 1.82g (7.27%), Vitamin B1: 0.1mg (6.84%), Phosphorus: 67.75mg (6.77%), Vitamin B2: 0.1mg (5.95%), Iron: 0.81mg (4.52%), Folate: 17.79µg (4.45%), Zinc: 0.64mg (4.26%), Calcium: 36.89mg (3.69%), Selenium: 2.42µg (3.46%), Potassium: 109.04mg (3.12%), Vitamin B3: 0.61mg (3.03%), Vitamin B6: 0.06mg (2.86%), Vitamin A: 109.82IU (2.2%), Vitamin B5: 0.15mg (1.45%)