



Cranberry Almond Crumble

READY IN



130 min.

SERVINGS



8

CALORIES



934 kcal

DESSERT

Ingredients

- 4 small bosc pears diced peeled
- 1 tablespoon butter
- 24 ounces cranberries fresh (pre-bagged)
- 0.8 cup flour all-purpose
- 1 tablespoon golden syrup such as lyle's golden syrup
- 0.8 cup granulated sugar
- 1.5 cups granulated sugar
- 2 cups granulated sugar
- 1 teaspoon ground cinnamon

- 1 teaspoons ground ginger dried ()
- 1 teaspoon kosher salt
- 1 teaspoon juice of lemon fresh
- 1 lemon zest for zesting on top
- 1 tablespoon orange zest fresh
- 8 oranges
- 1 cup slivered almonds toasted
- 1 pinch turmeric
- 8 tablespoons butter unsalted cubed
- 8 servings whipped cream for serving

Equipment

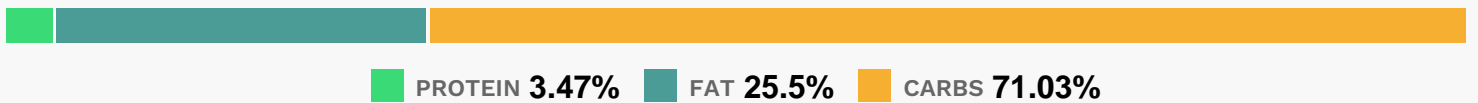
- bowl
- frying pan
- baking sheet
- oven
- knife
- pot
- baking pan

Directions

- Special equipment: One 9-inch baking dish
- Heat the butter in medium saute pan.
- Add the pears and saute until slightly tender and juicy, 3 to 5 minutes.
- Add 1/2 cup sugar and the cloves. Toss and remove from the heat to cool.
- Combine the remaining 1 cup sugar, the lemon juice, syrup and orange zest and mix.
- Add the cranberries and toss to coat the fruit.
- Heat a medium saute pan and add the cranberry mixture.
- Saute quickly, 3 to 5 minutes.

- Combine the pear and cranberry mixtures in a bowl and set aside to cool.
- Make the topping: In a medium bowl, combine the flour, sugar, cinnamon, ginger and salt.
- Mix to blend. Work the butter in with your fingers until the mixture is coarse and somewhat moist. The butter should not be fully integrated but there should not be any large chunks either. At the last minute, gently blend in the almonds.
- Assemble the crumble: Arrange the fruit in the baking dish and spread the topping evenly over the fruit.
- Place the dish in the center of the oven and bake for 30 to 35 minutes. The fruit should be tender and yielding when pierced with the tip of a knife. Allow to cool slightly before serving. Grate a little zest from the lemon on top of the crumble.
- Serve with scoops of vanilla ice cream topped with Orange
- Garnish if desired.
- Bring 2 small pots of water to a boil.
- Using a small knife, peel one single piece of skin from around the "equator" (center) of each orange. Trim any thick pith off the inside of each peel, taking care they stay in one piece.
- Drop the zests into the first pot and boil for 1 minute. Strain and drop them into the second pot. Cook for 1 minute, strain and set them aside.
- In a third small pot, bring the sugar, 2 cups water and turmeric to a boil. Submerge the orange zests and cook over high heat until the liquid boils. Reduce to a simmer and cook until the zests are tender, 15 to 20 minutes.
- Remove the zests to a baking sheet and allow them to cool flat.

Nutrition Facts



Properties

Glycemic Index:75.44, Glycemic Load:103.1, Inflammation Score:-9, Nutrition Score:20.981739220412%

Flavonoids

Cyanidin: 41.34mg, Cyanidin: 41.34mg, Cyanidin: 41.34mg, Cyanidin: 41.34mg Delphinidin: 6.52mg, Delphinidin: 6.52mg, Delphinidin: 6.52mg, Delphinidin: 6.52mg Malvidin: 0.37mg, Malvidin: 0.37mg, Malvidin: 0.37mg, Malvidin: 0.37mg Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg Peonidin: 41.81mg, Peonidin: 41.81mg, Peonidin: 41.81mg, Peonidin: 41.81mg Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg,

Catechin: 0.7mg Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg Epicatechin: 6.58mg, Epicatechin: 6.58mg, Epicatechin: 6.58mg, Epicatechin: 6.58mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.95mg, Epigallocatechin 3-gallate: 0.95mg, Epigallocatechin 3-gallate: 0.95mg, Epigallocatechin 3-gallate: 0.95mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 35.79mg, Hesperetin: 35.79mg, Hesperetin: 35.79mg, Hesperetin: 35.79mg Naringenin: 20.14mg, Naringenin: 20.14mg, Naringenin: 20.14mg, Naringenin: 20.14mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 5.84mg, Myricetin: 5.84mg, Myricetin: 5.84mg, Myricetin: 5.84mg Quercetin: 13.88mg, Quercetin: 13.88mg, Quercetin: 13.88mg, Quercetin: 13.88mg

Nutrients (% of daily need)

Calories: 933.82kcal (46.69%), Fat: 27.62g (42.49%), Saturated Fat: 13.15g (82.22%), Carbohydrates: 173.1g (57.7%), Net Carbohydrates: 161.8g (58.84%), Sugar: 145.99g (162.21%), Cholesterol: 62.9mg (20.97%), Sodium: 360.32mg (15.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.46g (16.93%), Vitamin C: 87.42mg (105.96%), Fiber: 11.3g (45.19%), Manganese: 0.9mg (45.08%), Vitamin E: 5.48mg (36.56%), Vitamin B2: 0.49mg (28.61%), Vitamin A: 1040.24IU (20.8%), Calcium: 198.5mg (19.85%), Folate: 76.99µg (19.25%), Vitamin B1: 0.28mg (18.82%), Phosphorus: 188.16mg (18.82%), Potassium: 647.91mg (18.51%), Magnesium: 73mg (18.25%), Copper: 0.35mg (17.59%), Vitamin B5: 1.14mg (11.39%), Selenium: 7.49µg (10.69%), Vitamin B6: 0.21mg (10.47%), Iron: 1.71mg (9.5%), Vitamin B3: 1.88mg (9.38%), Vitamin K: 8.93µg (8.5%), Zinc: 1.24mg (8.3%), Vitamin B12: 0.28µg (4.74%), Vitamin D: 0.34µg (2.28%)