



Fall Fruit Crumble

 Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



563 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almonds sliced
- ☐ 3 apples firm cored peeled sliced quartered (such as Rome)
- ☐ 8 tablespoons butter unsalted diced chilled
- ☐ 1 teaspoon cinnamon
- ☐ 1 tablespoon cornstarch
- ☐ 12 ounces cranberries fresh
- ☐ 1 cup cranberries dried
- ☐ 0.5 cup flour all-purpose

- ☐ 0.8 cup brown sugar light packed
- ☐ 0.8 cup oats
- ☐ 0.3 cup orange juice
- ☐ 1 orange zest grated
- ☐ 3 pears cored peeled sliced quartered
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups sugar

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Mix flour, salt, cinnamon and sugar in a bowl.
- ☐ Add butter; blend in with fingertips until small moist clumps form. Toss in oats and almonds. Refrigerate.
- ☐ Preheat oven to 375F. Line a baking sheet with foil. Mist a 2-quart baking dish with cooking spray. In a medium, heavy pan over medium heat, stir fresh cranberries, sugar, zest and juice until sugar dissolves. Reduce heat and simmer for 5 minutes.
- ☐ Combine cranberry mixture, pears, apples, dried cranberries and cornstarch; put in baking dish.
- ☐ Sprinkle with topping; press down.
- ☐ Bake on foil-lined sheet, 50 to 60 minutes, until topping is golden and fruit is bubbling.
- ☐ Serve warm with ice cream, if desired.

Nutrition Facts



Properties

Glycemic Index:45.73, Glycemic Load:39.78, Inflammation Score:-6, Nutrition Score:10.558260908593%

Flavonoids

Cyanidin: 22.42mg, Cyanidin: 22.42mg, Cyanidin: 22.42mg, Cyanidin: 22.42mg Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 20.92mg, Peonidin: 20.92mg, Peonidin: 20.92mg, Peonidin: 20.92mg Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg Epigallocatechin: 1.03mg, Epigallocatechin: 1.03mg, Epigallocatechin: 1.03mg, Epigallocatechin: 1.03mg Epicatechin: 9.54mg, Epicatechin: 9.54mg, Epicatechin: 9.54mg, Epicatechin: 9.54mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.66mg, Epigallocatechin 3-gallate: 0.66mg, Epigallocatechin 3-gallate: 0.66mg, Epigallocatechin 3-gallate: 0.66mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 3.19mg, Myricetin: 3.19mg, Myricetin: 3.19mg, Myricetin: 3.19mg Quercetin: 10.33mg, Quercetin: 10.33mg, Quercetin: 10.33mg, Quercetin: 10.33mg

Nutrients (% of daily need)

Calories: 562.8kcal (28.14%), Fat: 15.37g (23.64%), Saturated Fat: 7.56g (47.25%), Carbohydrates: 109.45g (36.48%), Net Carbohydrates: 101.39g (36.87%), Sugar: 84.86g (94.29%), Cholesterol: 30.1mg (10.03%), Sodium: 84.23mg (3.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.8%), Manganese: 0.77mg (38.52%), Fiber: 8.05g (32.22%), Vitamin C: 17.92mg (21.72%), Vitamin E: 2.93mg (19.52%), Copper: 0.23mg (11.37%), Magnesium: 42.48mg (10.62%), Vitamin B2: 0.18mg (10.56%), Vitamin B1: 0.14mg (9.62%), Phosphorus: 94.78mg (9.48%), Potassium: 321.27mg (9.18%), Vitamin A: 451.51IU (9.03%), Vitamin K: 8.96µg (8.53%), Selenium: 5.95µg (8.5%), Iron: 1.48mg (8.22%), Folate: 29.82µg (7.46%), Calcium: 62.15mg (6.22%), Vitamin B3: 1.13mg (5.63%), Vitamin B6: 0.11mg (5.56%), Zinc: 0.69mg (4.63%), Vitamin B5: 0.44mg (4.45%), Vitamin D: 0.21µg (1.4%)