



Gingered Apricot Crumble

READY IN



45 min.

SERVINGS



9

CALORIES



320 kcal

DESSERT

Ingredients

- 2 pounds apricots pitted halved (12 large)
- 0.5 cup firmly brown sugar packed
- 0.8 cup firmly brown sugar packed
- 1 tablespoon crystallized ginger chopped
- 0.7 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg
- 2.3 cups whipped cream low-fat
- 0.3 cup butter chilled cut into small pieces

1 teaspoon vanilla extract

Equipment

bowl

oven

blender

baking pan

Directions

Preheat oven to 37

Combine first 4 ingredients in a medium bowl; cut in margarine with a pastry blender or 2 knives until mixture resembles coarse meal. Set aside.

Combine apricots, 3/4 cup brown sugar, ginger, and vanilla in a 9-inch square baking dish coated with cooking spray; toss well.

Sprinkle flour mixture evenly over apricots.

Bake at 375 for 45 minutes or until apricot mixture is bubbly and topping is browned.

Serve with ice cream.

Nutrition Facts



PROTEIN 5.23% **FAT 20.92%** **CARBS 73.85%**

Properties

Glycemic Index:25.3, Glycemic Load:12.94, Inflammation Score:-9, Nutrition Score:8.3969565578129%

Flavonoids

Catechin: 3.7mg, Catechin: 3.7mg, Catechin: 3.7mg, Catechin: 3.7mg Epicatechin: 4.78mg, Epicatechin: 4.78mg, Epicatechin: 4.78mg, Epicatechin: 4.78mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 319.54kcal (15.98%), Fat: 7.63g (11.74%), Saturated Fat: 2.27g (14.17%), Carbohydrates: 60.64g (20.21%), Net Carbohydrates: 58.13g (21.14%), Sugar: 48.29g (53.66%), Cholesterol: 10.26mg (3.42%), Sodium: 100.08mg (4.35%), Alcohol: 0.15g (100%), Alcohol %: 0.1% (100%), Protein: 4.29g (8.58%), Vitamin A: 2347.4IU (46.95%),

Vitamin C: 10.56mg (12.8%), Potassium: 395.22mg (11.29%), Vitamin B2: 0.19mg (10.94%), Calcium: 105.38mg (10.54%), Manganese: 0.2mg (10.18%), Fiber: 2.51g (10.04%), Vitamin B1: 0.12mg (8.27%), Vitamin E: 1.16mg (7.71%), Phosphorus: 75.34mg (7.53%), Folate: 28.72µg (7.18%), Iron: 1.13mg (6.29%), Selenium: 4.37µg (6.25%), Vitamin B3: 1.24mg (6.22%), Copper: 0.11mg (5.72%), Magnesium: 20.67mg (5.17%), Vitamin B5: 0.51mg (5.12%), Vitamin B6: 0.09mg (4.46%), Zinc: 0.56mg (3.72%), Vitamin K: 3.58µg (3.41%), Vitamin B12: 0.19µg (3.09%)