



Gooseberry & almond streusel squares

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



581 kcal

SIDE DISH

Ingredients

- ☐ 250 g butter chilled chopped
- ☐ 250 g self-raising flour
- ☐ 125 g ground almonds
- ☐ 125 g muscovado sugar light
- ☐ 350 g gooseberry fresh
- ☐ 85 g caster sugar
- ☐ 50 g almonds flaked

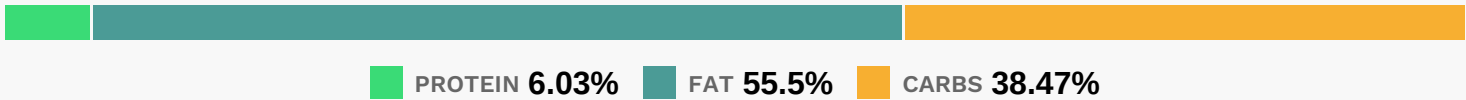
Equipment

☐ oven

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Line a 27 x 18cm baking tin with baking parchment.
- ☐ Rub the butter into the flour, almonds and sugar to make crumbs, then firmly press two-thirds onto the base and sides of the tin. Toss the gooseberries with the caster sugar, then scatter over the top.
- ☐ Mix the flaked almonds into the remaining crumbs, then scatter over the gooseberries.
- ☐ Bake for 50 mins–1 hr until golden and the fruit is bubbling a little around the edges. Dredge with caster sugar, then cool in the tin.
- ☐ Cut into about 8 squares and enjoy with a cup of tea or serve as a pudding with custard or cream.

Nutrition Facts



Properties

Glycemic Index:26.51, Glycemic Load:22.55, Inflammation Score:-6, Nutrition Score:8.2621739273486%

Flavonoids

Cyanidin: 3.97mg, Cyanidin: 3.97mg, Cyanidin: 3.97mg, Cyanidin: 3.97mg Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg Gallocatechin: 0.19mg, Gallocatechin: 0.19mg, Gallocatechin: 0.19mg, Gallocatechin: 0.19mg

Nutrients (% of daily need)

Calories: 580.88kcal (29.04%), Fat: 37g (56.93%), Saturated Fat: 16.94g (105.87%), Carbohydrates: 57.71g (19.24%), Net Carbohydrates: 52.64g (19.14%), Sugar: 26.69g (29.66%), Cholesterol: 67.19mg (22.4%), Sodium: 206.54mg (8.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.05g (18.1%), Manganese: 0.46mg (23.19%), Fiber:

5.07g (20.27%), Selenium: 13.49µg (19.27%), Vitamin A: 908.5IU (18.17%), Vitamin E: 2.61mg (17.41%), Vitamin C: 12.12mg (14.69%), Calcium: 85.82mg (8.58%), Phosphorus: 80.31mg (8.03%), Copper: 0.16mg (8%), Magnesium: 31.09mg (7.77%), Iron: 1.36mg (7.57%), Vitamin B2: 0.12mg (6.81%), Potassium: 192.18mg (5.49%), Folate: 16.78µg (4.2%), Vitamin B1: 0.06mg (3.79%), Zinc: 0.55mg (3.65%), Vitamin B3: 0.7mg (3.5%), Vitamin B5: 0.35mg (3.46%), Vitamin B6: 0.06mg (3.12%), Vitamin K: 2.28µg (2.17%)