



Mango, pear & ginger crumble

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



678 kcal

DESSERT

Ingredients

- ☐ 450 g pears cored ripe peeled sliced
- ☐ 1 tbsp muscovado sugar
- ☐ 2 mangos peeled roughly chopped
- ☐ 1 piece ginger finely chopped
- ☐ 175 g flour plain
- ☐ 85 g butter
- ☐ 85 g muscovado sugar
- ☐ 85 g pecans roughly chopped

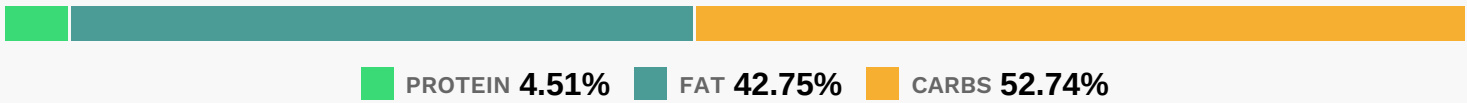
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Put the pears in a saucepan with the sugar and 4 tbsp water. Cook over a gentle heat for 5 mins, until the pears are just tender.
- ☐ Remove from the heat and stir in the mangoes and stem ginger. Spoon the mixture into a not-too-deep 1.75 litre baking dish and leave to go cold.
- ☐ Make the topping. Rub the butter into the flour, stir in the sugar and pecan nuts.
- ☐ Sprinkle it all over the fruit freeze, or bake for 30 mins until browned.

Nutrition Facts



Properties

Glycemic Index:59.63, Glycemic Load:36.47, Inflammation Score:-9, Nutrition Score:20.292608411416%

Flavonoids

Cyanidin: 4.7mg, Cyanidin: 4.7mg, Cyanidin: 4.7mg, Cyanidin: 4.7mg Delphinidin: 1.57mg, Delphinidin: 1.57mg, Delphinidin: 1.57mg, Delphinidin: 1.57mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 3.62mg, Catechin: 3.62mg, Catechin: 3.62mg, Catechin: 3.62mg Epigallocatechin: 1.86mg, Epigallocatechin: 1.86mg, Epigallocatechin: 1.86mg, Epigallocatechin: 1.86mg Epicatechin: 4.4mg, Epicatechin: 4.4mg, Epicatechin: 4.4mg, Epicatechin: 4.4mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 678.22kcal (33.91%), Fat: 33.53g (51.58%), Saturated Fat: 12.43g (77.67%), Carbohydrates: 93.08g (31.03%), Net Carbohydrates: 84.68g (30.79%), Sugar: 49.67g (55.19%), Cholesterol: 45.69mg (15.23%), Sodium: 146.69mg (6.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.96g (15.93%), Manganese: 1.39mg (69.67%), Vitamin C: 42.83mg (51.92%), Vitamin B1: 0.53mg (35.18%), Folate: 138.19µg (34.55%), Vitamin A: 1690.93IU (33.82%), Fiber: 8.4g (33.6%), Copper: 0.54mg (27.02%), Selenium: 16.89µg (24.13%), Vitamin B2: 0.32mg (18.83%), Vitamin B3: 3.75mg (18.77%), Iron: 3.12mg (17.35%), Magnesium: 56.92mg (14.23%), Phosphorus: 140.77mg (14.08%), Potassium: 482.93mg (13.8%), Vitamin E: 1.89mg (12.59%), Vitamin B6: 0.23mg (11.65%), Vitamin K: 11.66µg (11.11%), Zinc: 1.51mg (10.05%), Vitamin B5: 0.69mg (6.93%), Calcium: 68.46mg (6.85%)