



Maple plum crumble

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



358 kcal

DESSERT

Ingredients

- ☐ 8 plums ripe halved
- ☐ 4 tbsp maple syrup
- ☐ 50 g butter cut into pieces
- ☐ 50 g flour plain
- ☐ 50 g oats
- ☐ 25 g brown sugar
- ☐ 0.5 tsp ground cinnamon
- ☐ 25 g almonds flaked

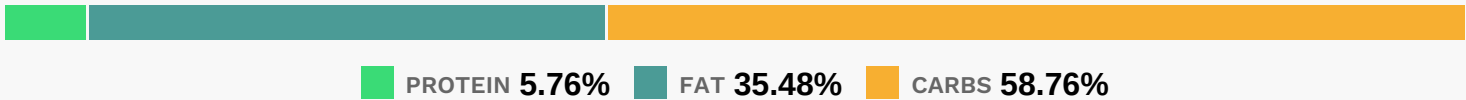
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Place the plum halves, skin side down, in the base of a large heatproof dish.
- ☐ Drizzle over half the maple syrup and roast for 10 mins.
- ☐ Meanwhile place the butter, flour, oats, sugar and cinnamon in a bowl and rub the butter into the mixture until you have rough crumbs. Stir in the almonds, then sprinkle over the plums.
- ☐ Drizzle the top with the remaining maple syrup and bake for 15 mins until the top is golden.
- ☐ Serve with custard.

Nutrition Facts



Properties

Glycemic Index:63.79, Glycemic Load:19.87, Inflammation Score:-7, Nutrition Score:12.314782675194%

Flavonoids

Cyanidin: 7.59mg, Cyanidin: 7.59mg, Cyanidin: 7.59mg, Cyanidin: 7.59mg Peonidin: 0.41mg, Peonidin: 0.41mg, Peonidin: 0.41mg, Peonidin: 0.41mg Catechin: 3.89mg, Catechin: 3.89mg, Catechin: 3.89mg, Catechin: 3.89mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Epicatechin 3-gallate: 1mg, Epicatechin 3-gallate: 1mg, Epicatechin 3-gallate: 1mg, Epicatechin 3-gallate: 1mg Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg 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: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 357.96kcal (17.9%), Fat: 14.57g (22.41%), Saturated Fat: 6.84g (42.78%), Carbohydrates: 54.28g (18.09%), Net Carbohydrates: 49.87g (18.14%), Sugar: 31.58g (35.09%), Cholesterol: 26.88mg (8.96%), Sodium: 85.02mg (3.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.32g (10.63%), Manganese: 1.27mg (63.56%), Vitamin B2: 0.45mg (26.18%), Fiber: 4.4g (17.61%), Vitamin A: 768.8IU (15.38%), Vitamin E: 2.3mg (15.34%), Vitamin C: 12.55mg (15.21%), Vitamin B1: 0.22mg (14.62%), Magnesium: 51.32mg (12.83%), Phosphorus: 119.39mg (11.94%), Selenium: 8.32µg (11.88%), Potassium: 369.39mg (10.55%), Copper: 0.21mg (10.53%), Vitamin K: 9.71µg (9.25%), Iron: 1.66mg (9.24%), Folate: 36.68µg (9.17%), Vitamin B3: 1.69mg (8.44%), Zinc: 1.03mg (6.86%), Calcium: 66.35mg (6.64%), Vitamin B5: 0.43mg (4.25%), Vitamin B6: 0.07mg (3.41%)