



Mixed-Berry Crumble

READY IN



35 min.

SERVINGS



15

CALORIES



148 kcal

DESSERT

Ingredients

- 1 cup blackberries
- 1 cup blueberries
- 0.5 cup flour all-purpose
- 0.3 cup brown sugar light packed
- 1 teaspoon orange zest
- 2 tablespoons oats
- 1 cup raspberries
- 1 pinch salt
- 1 cup strawberries hulled quartered

- 5 tablespoons butter unsalted chilled cut into small pieces
- 1 pint whipped cream

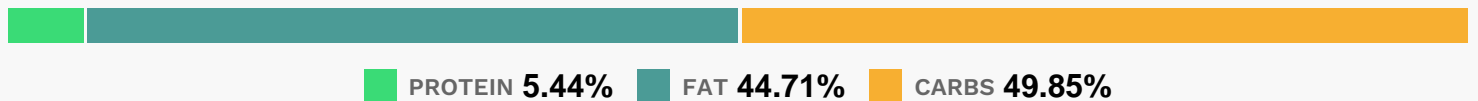
Equipment

- bowl
- frying pan

Directions

- Make topping: In a bowl, mix flour, oats, sugar, salt and zest. Rub in butter until mixture resembles bread crumbs. Freeze.
- Mix berries, sugar and zest in a heavy pan over medium heat. Cook, stirring, until sugar dissolves and fruit softens, 8 to 10 minutes.
- Remove topping from freezer; crumble with your fingers. Cook in a heavy skillet over medium-low heat, stirring and tossing until it turns golden, about 10 minutes. Watch carefully and toss well to keep it from burning.
- Spread topping on a piece of parchment; let cool for 3 minutes.
- Mixture will firm up as it cools.
- Scoop ice cream into 4 bowls. Spoon berry mixture and topping over.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.13, Glycemic Load:7.92, Inflammation Score:-3, Nutrition Score:4.3860869407654%

Flavonoids

Cyanidin: 14.25mg, Cyanidin: 14.25mg, Cyanidin: 14.25mg, Cyanidin: 14.25mg Petunidin: 3.15mg, Petunidin: 3.15mg, Petunidin: 3.15mg, Petunidin: 3.15mg Delphinidin: 3.63mg, Delphinidin: 3.63mg, Delphinidin: 3.63mg, Delphinidin: 3.63mg Malvidin: 6.68mg, Malvidin: 6.68mg, Malvidin: 6.68mg, Malvidin: 6.68mg Pelargonidin: 2.51mg, Pelargonidin: 2.51mg, Pelargonidin: 2.51mg, Pelargonidin: 2.51mg Peonidin: 2.04mg, Peonidin: 2.04mg, Peonidin: 2.04mg, Peonidin: 2.04mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.83mg, Epicatechin:

0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 147.94kcal (7.4%), Fat: 7.51g (11.56%), Saturated Fat: 4.56g (28.51%), Carbohydrates: 18.85g (6.28%), Net Carbohydrates: 16.97g (6.17%), Sugar: 12.54g (13.94%), Cholesterol: 23.91mg (7.97%), Sodium: 29.84mg (1.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.11%), Vitamin C: 11.08mg (13.44%), Manganese: 0.25mg (12.69%), Fiber: 1.88g (7.52%), Vitamin B2: 0.11mg (6.51%), Vitamin A: 279.65IU (5.59%), Calcium: 52.67mg (5.27%), Phosphorus: 50.5mg (5.05%), Vitamin K: 5.1µg (4.86%), Folate: 16.65µg (4.16%), Vitamin B1: 0.06mg (4.05%), Potassium: 126.29mg (3.61%), Selenium: 2.45µg (3.5%), Magnesium: 13.47mg (3.37%), Vitamin E: 0.48mg (3.18%), Vitamin B5: 0.29mg (2.95%), Zinc: 0.39mg (2.61%), Iron: 0.47mg (2.6%), Copper: 0.05mg (2.6%), Vitamin B3: 0.48mg (2.42%), Vitamin B12: 0.13µg (2.18%), Vitamin B6: 0.04mg (1.83%)