



Orchard crumble

READY IN



85 min.

SERVINGS



5

CALORIES



828 kcal

DESSERT

Ingredients

- ☐ 400 g apples cored peeled cut into small pieces
- ☐ 400 g plums cut into chunky wedges
- ☐ 2 tbsp sugar
- ☐ 300 g figs trimmed quartered
- ☐ 300 g blackberries washed well
- ☐ 5 servings whipped cream
- ☐ 140 g flour plain
- ☐ 140 g flour
- ☐ 175 g butter cut into small pieces

☐ 100 g brown sugar soft

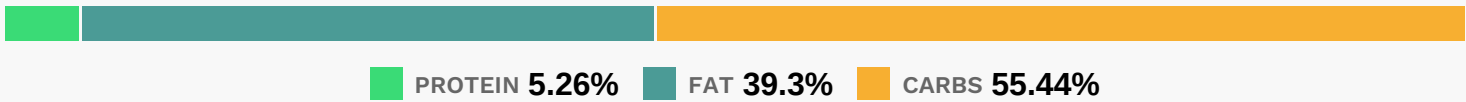
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ First make the topping.
- ☐ Put the flours in a bowl with a pinch of salt, then rub in the butter with your fingertips to form crumbs. Stir in the sugar with a fork, and chill until needed.
- ☐ Heat oven to 180C/160C fan/ gas
- ☐ Tip the apples, plums and sugar into a big saucepan with 50ml water and cook, stirring, for about 5 mins, until the apples are soft and juicy. Stir in the figs and blackberries, and tip into a baking dish. Scatter over the crumble and bake for 45–55 mins until the topping is golden and the fruit is bubbling.

Nutrition Facts



Properties

Glycemic Index:82.55, Glycemic Load:40.66, Inflammation Score:-9, Nutrition Score:24.36913044038%

Flavonoids

Cyanidin: 66.03mg, Cyanidin: 66.03mg, Cyanidin: 66.03mg, Cyanidin: 66.03mg Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg Catechin: 26.54mg, Catechin: 26.54mg, Catechin: 26.54mg, Catechin: 26.54mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 11.68mg, Epicatechin: 11.68mg, Epicatechin: 11.68mg, Epicatechin: 11.68mg Epicatechin 3-gallate: 0.62mg, Epicatechin 3-gallate: 0.62mg, Epicatechin 3-gallate: 0.62mg, Epicatechin 3-gallate: 0.62mg Epigallocatechin 3-gallate: 0.88mg, Epigallocatechin 3-gallate: 0.88mg, Epigallocatechin 3-gallate: 0.88mg, Epigallocatechin 3-gallate: 0.88mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg

Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 9.36mg, Quercetin: 9.36mg, Quercetin: 9.36mg, Quercetin: 9.36mg
Galocatechin: 0.07mg, Galocatechin: 0.07mg, Galocatechin: 0.07mg, Galocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 827.77kcal (41.39%), Fat: 37.47g (57.64%), Saturated Fat: 22.72g (141.97%), Carbohydrates: 118.96g (39.65%), Net Carbohydrates: 106.79g (38.83%), Sugar: 67.36g (74.84%), Cholesterol: 104.29mg (34.76%), Sodium: 286.62mg (12.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.27g (22.55%), Manganese: 1.88mg (94.1%), Fiber: 12.17g (48.7%), Selenium: 28.96µg (41.38%), Vitamin A: 1687.83IU (33.76%), Vitamin B1: 0.47mg (31.54%), Vitamin C: 25.48mg (30.88%), Vitamin B2: 0.44mg (26.05%), Phosphorus: 251.9mg (25.19%), Vitamin K: 24.84µg (23.66%), Folate: 93.11µg (23.28%), Magnesium: 88.06mg (22.01%), Potassium: 745.64mg (21.3%), Vitamin B3: 4.19mg (20.94%), Copper: 0.39mg (19.41%), Iron: 3.34mg (18.58%), Calcium: 171.25mg (17.12%), Vitamin E: 2.35mg (15.64%), Vitamin B6: 0.31mg (15.45%), Zinc: 1.94mg (12.92%), Vitamin B5: 1.24mg (12.42%), Vitamin B12: 0.32µg (5.28%)