



## Peach and Strawberry Crumble

READY IN



60 min.

SERVINGS



6

CALORIES



623 kcal

DESSERT

### Ingredients

- 0.5 cup almonds sliced
- 1.5 tablespoons arrowroot flour
- 6 servings butter for pan
- 0.7 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 2 tablespoons juice of lemon fresh ()
- 0.3 cup brown sugar light
- 0.5 cup brown sugar light
- 0.7 cup old oats fashioned style

- 1.5 pounds peaches white yellow pitted peeled
- 0.3 teaspoon sea salt fine
- 1 pound strawberries halved
- 0.5 cup butter unsalted chilled cut into 1/2-inch cubes
- 6 servings serving suggestion: whipped cream

## Equipment

- food processor
- bowl
- frying pan
- oven
- whisk
- glass baking pan

## Directions

- Watch how to make this recipe.
- Put an oven rack in the center of the oven. Preheat the oven to 350 degrees F. Butter an 8 by 8-inch glass baking dish. Set aside.
- For the filling: In a medium bowl, whisk together the lemon juice and arrowroot until smooth.
- Add the strawberries, peaches and brown sugar. Gently toss until the fruit is coated.
- Pour the fruit mixture into the prepared pan.
- For the topping: In the bowl of a food processor, combine the flour, oats, almonds, brown sugar, cinnamon, and sea salt. Pulse until mixed.
- Add the butter. Pulse until the butter is the size of peas.
- Sprinkle the mixture over the filling and bake for 40 to 45 minutes until the filling is bubbling and the top is light golden. Cool the crumble for 5 minutes.
- Spoon the warm crumble into bowls and serve with a dollop of whipped cream or ice cream.

## Nutrition Facts



■ PROTEIN 5.22% ■ FAT 44.55% ■ CARBS 50.23%

## Properties

Glycemic Index:67.71, Glycemic Load:26.12, Inflammation Score:-8, Nutrition Score:17.924347773842%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 622.57kcal (31.13%), Fat: 31.76g (48.86%), Saturated Fat: 17.22g (107.61%), Carbohydrates: 80.56g (26.85%), Net Carbohydrates: 74.38g (27.05%), Sugar: 54.49g (60.54%), Cholesterol: 80.46mg (26.82%), Sodium: 208.14mg (9.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.37g (16.74%), Vitamin C: 51.44mg (62.36%), Manganese: 1.05mg (52.5%), Vitamin E: 3.82mg (25.49%), Vitamin A: 1255.65IU (25.11%), Fiber: 6.18g (24.71%), Vitamin B2: 0.39mg (22.89%), Phosphorus: 208.76mg (20.88%), Selenium: 12.08µg (17.26%), Magnesium: 67.84mg (16.96%), Calcium: 161.57mg (16.16%), Vitamin B1: 0.24mg (16.07%), Folate: 62.07µg (15.52%), Potassium: 538.16mg (15.38%), Copper: 0.29mg (14.64%), Iron: 2.31mg (12.81%), Vitamin B3: 2.53mg (12.65%), Zinc: 1.53mg (10.18%), Vitamin B5: 0.92mg (9.22%), Vitamin K: 7.26µg (6.92%), Vitamin B6: 0.14mg (6.81%), Vitamin B12: 0.3µg (4.97%), Vitamin D: 0.42µg (2.77%)