



## Peach-Berry Crumble

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



352 kcal

DESSERT

### Ingredients

- 0.3 cup almonds sliced
- 1 cup blueberries fresh
- 1 teaspoon cinnamon
- 0.5 cup t brown sugar dark packed
- 0.3 cup flour all-purpose
- 0.5 cup flour all-purpose
- 1.5 pounds peaches firm ripe (4 to 5)
- 1 cup oats

- 1 cup raspberries fresh
- 0.5 teaspoon salt
- 1 pinch salt
- 0.5 cup sugar
- 8 tablespoons butter unsalted melted (1 stick)

## Equipment

- bowl
- baking sheet
- oven
- knife
- wire rack
- pot
- aluminum foil
- slotted spoon

## Directions

- Preheat oven to 350F. Lightly butter a 9-inch pie plate. Line a large, rimmed baking sheet with foil. Make topping: In a bowl, combine oats, flour, brown sugar, cinnamon and salt. Stir in butter until crumbly. Toss in nuts.
- Make filling: Bring a large pot of water to a boil; have ready a large bowl filled with ice water. Using a sharp knife, cut a shallow X into bottom of peaches. Blanch peaches until skins begin to wrinkle, 30 to 60 seconds.
- Remove with a slotted spoon and place in ice water to cool. Slip off skins with your fingers; cut in half, remove pits and slice fruit into wedges.
- In a bowl, toss peaches with sugar, flour and salt. Fold in berries.
- Let stand for 5 minutes.
- Transfer to prepared pie plate.
- Sprinkle with topping, place on baking sheet and bake until filling bubbles and topping is golden, 50 to 55 minutes.

- Let cool on a wire rack.
- Serve warm or at room temperature, with vanilla ice cream, if desired.

## Nutrition Facts

**PROTEIN 4.85%**

**FAT 34.43%**

**CARBS 60.72%**

### Properties

Glycemic Index:50.79, Glycemic Load:23.15, Inflammation Score:-6, Nutrition Score:9.7917391437551%

### Flavonoids

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### Nutrients (% of daily need)

Calories: 352.34kcal (17.62%), Fat: 14.03g (21.59%), Saturated Fat: 7.46g (46.6%), Carbohydrates: 55.68g (18.56%), Net Carbohydrates: 51.22g (18.63%), Sugar: 35.77g (39.74%), Cholesterol: 30.1mg (10.03%), Sodium: 167.69mg (7.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.89%), Manganese: 0.85mg (42.49%), Fiber: 4.46g (17.82%), Selenium: 9.76µg (13.94%), Vitamin E: 2mg (13.34%), Vitamin A: 642.82IU (12.86%), Magnesium: 50.59mg (12.65%), Vitamin B1: 0.19mg (12.36%), Vitamin C: 9.22mg (11.18%), Phosphorus: 102.25mg (10.23%), Iron: 1.69mg (9.41%), Copper: 0.18mg (9.25%), Folate: 35.89µg (8.97%), Vitamin B2: 0.15mg (8.81%), Vitamin B3: 1.76mg (8.78%), Vitamin K: 8.71µg (8.29%), Potassium: 233.56mg (6.67%), Zinc: 0.81mg (5.38%), Calcium: 40.01mg (4%), Vitamin B5: 0.37mg (3.74%), Vitamin B6: 0.06mg (3.24%), Vitamin D: 0.21µg (1.4%)