



## Peach-Berry Crumble

READY IN



80 min.

SERVINGS



8

CALORIES



452 kcal

DESSERT

### Ingredients

- 2 cups blackberries fresh
- 0.5 cup butter melted
- 1 large eggs
- 1 large egg yolk
- 0.8 cup flour all-purpose
- 0.3 teaspoon kosher salt
- 0.5 cup rolled oats uncooked
- 3 cups peaches fresh ( 3 medium)
- 1 cup sugar

8 servings whipped cream

## Equipment

oven

baking pan

## Directions

Preheat oven to 37

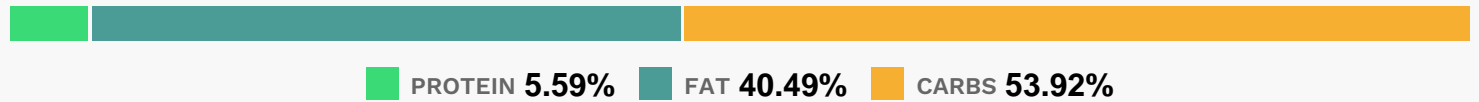
Place first 2 ingredients in an 11- x 7-inch (or 2-qt.) baking dish. Stir together egg, egg yolk, and next 4 ingredients with a fork until mixture resembles coarse meal.

Sprinkle over fruit; drizzle melted butter over topping.

Bake 40 to 45 minutes or until light brown and bubbly.

Let stand 10 minutes; serve warm with ice cream.

## Nutrition Facts



## Properties

Glycemic Index:45.17, Glycemic Load:36.7, Inflammation Score:-7, Nutrition Score:10.759130394977%

## Flavonoids

Cyanidin: 37.09mg, Cyanidin: 37.09mg, Cyanidin: 37.09mg, Cyanidin: 37.09mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 16.18mg, Catechin: 16.18mg, Catechin: 16.18mg, Catechin: 16.18mg Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

## Nutrients (% of daily need)

Calories: 451.97kcal (22.6%), Fat: 20.78g (31.97%), Saturated Fat: 12.26g (76.64%), Carbohydrates: 62.27g (20.76%), Net Carbohydrates: 58.21g (21.17%), Sugar: 45.67g (50.74%), Cholesterol: 105.74mg (35.25%), Sodium: 235.25mg (10.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.46g (12.92%), Manganese: 0.54mg (27.05%),

Vitamin A: 962.1IU (19.24%), Vitamin B2: 0.3mg (17.69%), Fiber: 4.06g (16.26%), Selenium: 11.38µg (16.26%), Phosphorus: 147.43mg (14.74%), Vitamin C: 10.32mg (12.51%), Vitamin B1: 0.17mg (11.36%), Folate: 45.3µg (11.32%), Calcium: 111.56mg (11.16%), Vitamin E: 1.52mg (10.12%), Vitamin K: 10.22µg (9.74%), Potassium: 305.86mg (8.74%), Vitamin B5: 0.85mg (8.54%), Copper: 0.16mg (8.21%), Zinc: 1.19mg (7.94%), Magnesium: 31.77mg (7.94%), Iron: 1.42mg (7.9%), Vitamin B3: 1.53mg (7.67%), Vitamin B12: 0.38µg (6.31%), Vitamin B6: 0.09mg (4.28%), Vitamin D: 0.37µg (2.48%)