



Peach-Blueberry Crumble

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



595 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 1 cup almonds chopped
- ☐ 1 cup blueberries frozen
- ☐ 0.8 cup brown rice light packed
- ☐ 3 tablespoons cornstarch
- ☐ 0.8 cup flour all-purpose
- ☐ 6 servings fruit cocktail in juice 100%
- ☐ 0.3 teaspoon nutmeg

- ☐ 45 oz peaches sliced canned
- ☐ 0.1 teaspoon salt
- ☐ 3 tablespoons sugar
- ☐ 6 servings sugar
- ☐ 4 tablespoons butter unsalted melted

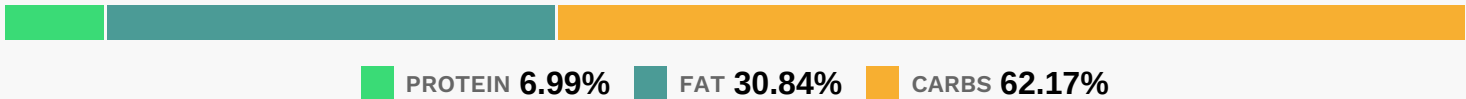
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Preheat oven to 350F.
- ☐ Drain peaches; set aside 1/2 cup juice.
- ☐ Mix sugar, cornstarch, nutmeg and 1/8 tsp. salt in a saucepan. Gradually whisk in reserved 1/2 cup juice. Cook, stirring, until thickened, 4 minutes.
- ☐ Remove from heat. Fold in peaches and blueberries; transfer to an 8-inch square baking dish.
- ☐ Combine flour, brown sugar and 1/4 tsp. salt in a small bowl. Stir in butter and almond extract until combined.
- ☐ Mix in almonds. Crumble mixture over fruit.
- ☐ Bake until topping is lightly browned and filling bubbles, 25 to 30 minutes. Cool on a wire rack for 20 minutes.
- ☐ Serve with ice cream, if desired.

Nutrition Facts



Properties

Glycemic Index:79.16, Glycemic Load:45.79, Inflammation Score:-8, Nutrition Score:21.516956306022%

Flavonoids

Cyanidin: 6.78mg, Cyanidin: 6.78mg, Cyanidin: 6.78mg, Cyanidin: 6.78mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg Catechin: 13.63mg, Catechin: 13.63mg, Catechin: 13.63mg, Catechin: 13.63mg Epigallocatechin: 2.99mg, Epigallocatechin: 2.99mg, Epigallocatechin: 2.99mg, Epigallocatechin: 2.99mg Epicatechin: 11.16mg, Epicatechin: 11.16mg, Epicatechin: 11.16mg, Epicatechin: 11.16mg Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 594.56kcal (29.73%), Fat: 21.16g (32.56%), Saturated Fat: 5.95g (37.18%), Carbohydrates: 96.01g (32%), Net Carbohydrates: 87.71g (31.9%), Sugar: 51.44g (57.15%), Cholesterol: 20.07mg (6.69%), Sodium: 84.45mg (3.67%), Alcohol: 0.11g (100%), Alcohol %: 0.03% (100%), Protein: 10.79g (21.57%), Manganese: 1.85mg (92.59%), Vitamin E: 8.03mg (53.55%), Fiber: 8.29g (33.17%), Magnesium: 126.99mg (31.75%), Vitamin B2: 0.46mg (27.25%), Copper: 0.53mg (26.73%), Phosphorus: 255.66mg (25.57%), Vitamin B1: 0.36mg (23.79%), Vitamin B3: 4.72mg (23.61%), Potassium: 663.22mg (18.95%), Vitamin A: 941.28IU (18.83%), Iron: 3.01mg (16.73%), Selenium: 11.2µg (16.01%), Vitamin C: 12.24mg (14.83%), Folate: 58.41µg (14.6%), Zinc: 1.9mg (12.67%), Vitamin B6: 0.25mg (12.47%), Vitamin K: 11.84µg (11.28%), Calcium: 97mg (9.7%), Vitamin B5: 0.96mg (9.62%)