



Peach & blueberry grunt

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



361 kcal

SIDE DISH

Ingredients

- ☐ 1 tbsp cornflour
- ☐ 0.5 juice of orange
- ☐ 2 tbsp caster sugar
- ☐ 6 peaches ripe
- ☐ 250 g blueberry
- ☐ 200 g self-raising flour
- ☐ 50 g butter melted cut into small pieces, plus 15g/½oz,
- ☐ 100 g muscovado sugar light

- ☐ 1 tsp ground cinnamon
- ☐ 5 tbsp milk

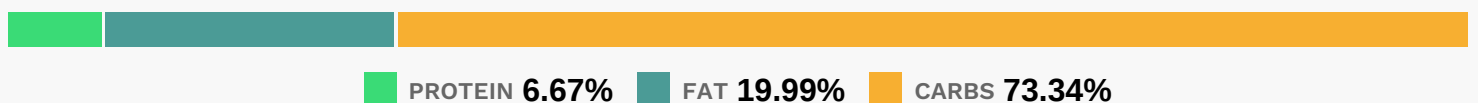
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Butter a wide shallow ovenproof dish. Blend the cornflour with the orange zest and juice, and put in a large pan with the sugar. Halve, stone and slice the peaches and add to the pan. Bring slowly to the boil, stirring gently until the sauce is shiny and thickened, about 3–4 mins.
- ☐ Remove from the heat, stir in the blueberries and tip into the prepared dish.
- ☐ Tip the flour into a mixing bowl and add the 50g butter. Rub the butter into the flour until it resembles fine breadcrumbs, then stir in half the sugar.
- ☐ Mix the remaining sugar with the cinnamon and set aside.
- ☐ Add the milk to the dry ingredients and mix to a soft dough. Turn out onto a lightly floured surface and knead briefly.
- ☐ Roll out to an oblong roughly 16 x 24cm.
- ☐ Brush with melted butter and sprinkle evenly with the spicy sugar.
- ☐ Roll up from one long side and cut into 12 slices. Arrange around the top of the dish, leaving the centre uncovered.
- ☐ Bake for 20–25 mins, until the topping is crisp and golden.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:60.39, Glycemic Load:26.16, Inflammation Score:-6, Nutrition Score:9.3582608311073%

Flavonoids

Cyanidin: 6.41mg, Cyanidin: 6.41mg, Cyanidin: 6.41mg, Cyanidin: 6.41mg Petunidin: 13.14mg, Petunidin: 13.14mg, Petunidin: 13.14mg, Petunidin: 13.14mg Delphinidin: 14.76mg, Delphinidin: 14.76mg, Delphinidin: 14.76mg, Delphinidin: 14.76mg Malvidin: 28.16mg, Malvidin: 28.16mg, Malvidin: 28.16mg, Malvidin: 28.16mg Peonidin: 8.45mg, Peonidin: 8.45mg, Peonidin: 8.45mg, Peonidin: 8.45mg Catechin: 9.58mg, Catechin: 9.58mg, Catechin: 9.58mg, Catechin: 9.58mg Epigallocatechin: 1.84mg, Epigallocatechin: 1.84mg, Epigallocatechin: 1.84mg, Epigallocatechin: 1.84mg Epicatechin: 3.77mg, Epicatechin: 3.77mg, Epicatechin: 3.77mg, Epicatechin: 3.77mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 361.47kcal (18.07%), Fat: 8.28g (12.74%), Saturated Fat: 4.64g (29%), Carbohydrates: 68.38g (22.79%), Net Carbohydrates: 64.08g (23.3%), Sugar: 38.03g (42.26%), Cholesterol: 19.42mg (6.47%), Sodium: 83.84mg (3.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.22g (12.45%), Manganese: 0.58mg (29.2%), Selenium: 17.03µg (24.32%), Fiber: 4.3g (17.21%), Vitamin C: 12.71mg (15.4%), Vitamin A: 751.95IU (15.04%), Vitamin K: 13.4µg (12.76%), Vitamin E: 1.68mg (11.18%), Copper: 0.21mg (10.7%), Vitamin B3: 1.78mg (8.89%), Phosphorus: 86.93mg (8.69%), Potassium: 303.32mg (8.67%), Magnesium: 26.85mg (6.71%), Vitamin B2: 0.11mg (6.24%), Iron: 1.1mg (6.12%), Folate: 24.44µg (6.11%), Vitamin B1: 0.09mg (6.01%), Vitamin B5: 0.52mg (5.16%), Zinc: 0.77mg (5.14%), Calcium: 49.67mg (4.97%), Vitamin B6: 0.09mg (4.44%), Vitamin B12: 0.08µg (1.36%)