



Plum & almond crumble slice

 Vegetarian

READY IN



80 min.

SERVINGS



16

CALORIES



316 kcal

DESSERT

Ingredients

- ☐ 250 g pack butter very cold (this must be)
- ☐ 225 g caster sugar
- ☐ 300 g ground almond
- ☐ 1 oz flour plain
- ☐ 2 eggs
- ☐ 1 tsp cinnamon
- ☐ 1 tsp double-acting baking powder
- ☐ 6 approx plums cut into sixths

☐ 50 g almond flaked

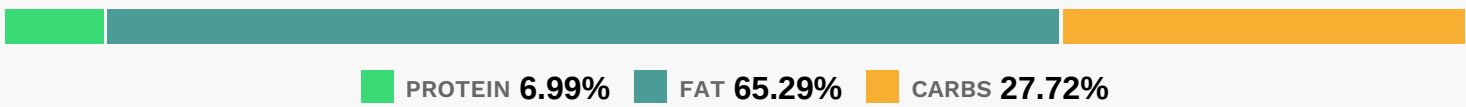
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking paper
- ☐ oven

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Butter and line a 20 x 30cm baking tin with baking paper.
- ☐ Put the butter, sugar and ground almonds into a food processor, then pulse until the mixture resembles very rough breadcrumbs. Spoon out half the mix into a bowl and set aside.
- ☐ Add 140g flour into the mix in the processor and whizz until it just forms a dough. Tip into the tin and press down with the back of a spoon.
- ☐ Bake for 15–20 mins until golden. Leave to cool for 10 mins.
- ☐ To make the filling, put the remaining butter and the sugar and almond mix back into the processor, saving a few tbsp for the topping.
- ☐ Add the eggs, the 25g flour, cinnamon and baking powder and whizz to a soft batter.
- ☐ Spread over the base.
- ☐ Top with the plum pieces and a little extra caster sugar and cinnamon.
- ☐ Bake for 20 mins, then sprinkle with the remaining crumble mix and flaked almonds. Cook for another 20 mins or until golden. Leave to cool in the tin before slicing.

Nutrition Facts



Properties

Glycemic Index:21.3, Glycemic Load:11.86, Inflammation Score:-3, Nutrition Score:3.8456521811693%

Flavonoids

Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Epicatechin 3–gallate: 0.19mg, Epicatechin 3–gallate: 0.19mg, Epicatechin 3–gallate: 0.19mg, Epicatechin 3–gallate: 0.19mg Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 316.46kcal (15.82%), Fat: 24.17g (37.18%), Saturated Fat: 8.99g (56.16%), Carbohydrates: 23.09g (7.7%), Net Carbohydrates: 20.23g (7.36%), Sugar: 17.32g (19.24%), Cholesterol: 54.05mg (18.02%), Sodium: 138.98mg (6.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.83g (11.65%), Fiber: 2.86g (11.44%), Vitamin A: 506.07IU (10.12%), Vitamin E: 1.29mg (8.6%), Calcium: 75.02mg (7.5%), Manganese: 0.13mg (6.34%), Iron: 1.1mg (6.11%), Vitamin B2: 0.08mg (4.94%), Phosphorus: 41.95mg (4.19%), Selenium: 2.66µg (3.81%), Magnesium: 11.71mg (2.93%), Vitamin C: 2.36mg (2.86%), Copper: 0.05mg (2.72%), Vitamin K: 2.75µg (2.62%), Folate: 8.92µg (2.23%), Potassium: 76.04mg (2.17%), Vitamin B1: 0.03mg (2.02%), Vitamin B3: 0.33mg (1.67%), Vitamin B5: 0.16mg (1.58%), Zinc: 0.22mg (1.49%), Vitamin B12: 0.08µg (1.26%), Vitamin B6: 0.02mg (1.12%)