



Plum-Berry Crumble

 Vegetarian

READY IN



64 min.

SERVINGS



9

CALORIES



257 kcal

DESSERT

Ingredients

- ☐ 1 cup blueberries
- ☐ 0.3 cup brown sugar packed
- ☐ 6 tablespoons butter chilled cut into small pieces
- ☐ 0.8 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoons juice of lemon
- ☐ 1 cup regular oats
- ☐ 1 pound plums cut into eighths 5 plums

- ☐ 0.3 teaspoon salt
- ☐ 3 cups strawberries quartered
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Combine plums and next 5 ingredients in an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Combine oats and next 3 ingredients in a medium bowl.
- ☐ Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Add turbinado sugar, stirring well.
- ☐ Sprinkle oat mixture over fruit mixture.
- ☐ Bake at 375 for 45 minutes or until topping is lightly browned and fruit mixture is bubbly.
- ☐ Let stand 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:32.07, Glycemic Load:11.67, Inflammation Score:-6, Nutrition Score:8.757391318031%

Flavonoids

Cyanidin: 5.04mg, Cyanidin: 5.04mg, Cyanidin: 5.04mg, Cyanidin: 5.04mg Petunidin: 5.24mg, Petunidin: 5.24mg, Petunidin: 5.24mg, Petunidin: 5.24mg Delphinidin: 5.98mg, Delphinidin: 5.98mg, Delphinidin: 5.98mg, Delphinidin: 5.98mg Malvidin: 11.12mg, Malvidin: 11.12mg, Malvidin: 11.12mg, Malvidin: 11.12mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 3.52mg, Peonidin: 3.52mg, Peonidin: 3.52mg, Peonidin: 3.52mg Catechin: 3.82mg, Catechin: 3.82mg, Catechin: 3.82mg, Catechin: 3.82mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg Epicatechin 3–gallate: 0.46mg, Epicatechin 3–gallate: 0.46mg, Epicatechin 3–gallate: 0.46mg, Epicatechin 3–gallate: 0.46mg Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 257.02kcal (12.85%), Fat: 8.61g (13.24%), Saturated Fat: 4.94g (30.85%), Carbohydrates: 43.42g (14.47%), Net Carbohydrates: 40.04g (14.56%), Sugar: 26.2g (29.11%), Cholesterol: 20.07mg (6.69%), Sodium: 128.14mg (5.57%), Alcohol: 0.15g (100%), Alcohol %: 0.12% (100%), Protein: 3.17g (6.34%), Vitamin C: 35.91mg (43.52%), Manganese: 0.71mg (35.71%), Fiber: 3.38g (13.52%), Vitamin B1: 0.16mg (10.42%), Folate: 37.99µg (9.5%), Selenium: 6.52µg (9.31%), Vitamin A: 422.61IU (8.45%), Vitamin K: 8.39µg (7.99%), Phosphorus: 72.78mg (7.28%), Iron: 1.3mg (7.24%), Magnesium: 26.83mg (6.71%), Potassium: 227.64mg (6.5%), Vitamin B3: 1.2mg (5.99%), Vitamin B2: 0.1mg (5.88%), Copper: 0.12mg (5.84%), Vitamin E: 0.63mg (4.23%), Zinc: 0.56mg (3.76%), Vitamin B6: 0.06mg (3.21%), Vitamin B5: 0.32mg (3.19%), Calcium: 29.1mg (2.91%)