



## Plum Crumble

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



244 kcal

DESSERT

### Ingredients

- 0.3 cup brown sugar
- 4 tablespoons butter chilled
- 0.5 teaspoon cinnamon
- 0.5 cup flour all-purpose
- 8 plums pitted ripe quartered
- 0.1 teaspoon salt
- 0.5 cup walnut pieces chopped

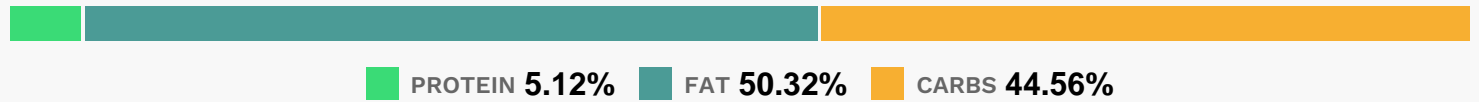
### Equipment

- bowl
- oven
- baking pan
- pastry cutter

## Directions

- Preheat oven to 375F. Coat a baking dish with cooking spray.
- Place the flour, sugar, cinnamon, and salt in a large bowl and combine.
- Add 3 tablespoons of the butter and combine with a pastry cutter or 2 forks until it reaches a crumble.
- Add the nuts.
- Place the plums in the dish and top with the crumble. Dot with the remaining butter.
- Bake about 1 hour or until golden.

## Nutrition Facts



## Properties

Glycemic Index:31.44, Glycemic Load:9.3, Inflammation Score:-5, Nutrition Score:6.390000032342%

## Flavonoids

Cyanidin: 5.22mg, Cyanidin: 5.22mg, Cyanidin: 5.22mg, Cyanidin: 5.22mg Peonidin: 0.27mg, Peonidin: 0.27mg, Peonidin: 0.27mg, Peonidin: 0.27mg Catechin: 2.54mg, Catechin: 2.54mg, Catechin: 2.54mg, Catechin: 2.54mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg Epicatechin 3-gallate: 0.67mg, Epicatechin 3-gallate: 0.67mg, Epicatechin 3-gallate: 0.67mg, Epicatechin 3-gallate: 0.67mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

## Nutrients (% of daily need)

Calories: 244.33kcal (12.22%), Fat: 14.28g (21.96%), Saturated Fat: 5.43g (33.92%), Carbohydrates: 28.45g (9.48%), Net Carbohydrates: 26.19g (9.53%), Sugar: 17.91g (19.9%), Cholesterol: 20.07mg (6.69%), Sodium: 111.45mg (4.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.54%), Manganese: 0.48mg (24.24%), Copper: 0.23mg

(11.25%), Vitamin A: 539.28IU (10.79%), Vitamin C: 8.49mg (10.29%), Vitamin B1: 0.14mg (9.34%), Fiber: 2.26g (9.02%), Folate: 33.4µg (8.35%), Vitamin K: 6.63µg (6.32%), Magnesium: 24.97mg (6.24%), Phosphorus: 61.78mg (6.18%), Selenium: 4.22µg (6.03%), Potassium: 207.46mg (5.93%), Vitamin B3: 1.11mg (5.54%), Iron: 1mg (5.54%), Vitamin B2: 0.09mg (5.42%), Vitamin B6: 0.09mg (4.34%), Vitamin E: 0.52mg (3.49%), Zinc: 0.48mg (3.18%), Calcium: 27.95mg (2.79%), Vitamin B5: 0.24mg (2.43%)