



Plum Crunch

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



1129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 pound butter unsalted diced cold (2 sticks)
- 6 tablespoons creme de cassis liqueur
- 0.3 cup flour all-purpose
- 1.5 cups flour all-purpose
- 0.8 cup granulated sugar
- 0.5 teaspoon kosher salt
- 0.8 cup brown sugar light packed
- 1.5 cups brown sugar light packed

- 1 cup oatmeal
- 3 pounds prune plums italian pitted quartered
- 0.5 cup walnuts chopped

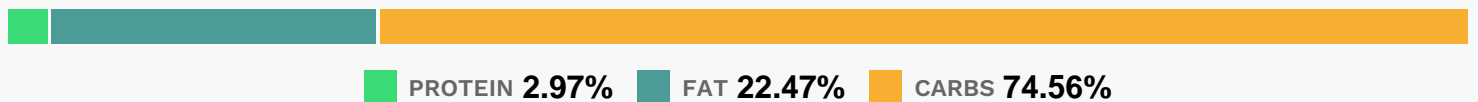
Equipment

- bowl
- oven
- baking pan
- hand mixer

Directions

- Vanilla ice cream, for serving
- Preheat the oven to 375 degrees F.
- For the fruit, in a large bowl, combine the plums, brown sugar, flour, and cassis.
- Pour the mixture into a 12 by 8-inch shallow baking dish.
- For the topping, combine the flour, granulated sugar, brown sugar, salt, oatmeal, walnuts, and butter in the bowl of an electric mixer fitted with the paddle attachment.
- Mix on low speed until the mixture is crumbly and the butter is the size of peas. Scatter evenly over the plum mixture.
- Bake the plum crunch for 40 to 45 minutes, until the plums are bubbling and the top is browned.
- Serve warm or at room temperature with ice cream.

Nutrition Facts



Properties

Glycemic Index:41.2, Glycemic Load:58.12, Inflammation Score:-9, Nutrition Score:25.151738931303%

Flavonoids

Cyanidin: 1.41mg, Cyanidin: 1.41mg, Cyanidin: 1.41mg, Cyanidin: 1.41mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 1128.61kcal (56.43%), Fat: 29.21g (44.94%), Saturated Fat: 15.29g (95.59%), Carbohydrates: 218.13g (72.71%), Net Carbohydrates: 204.33g (74.3%), Sugar: 148.58g (165.09%), Cholesterol: 60.95mg (20.32%), Sodium: 171.8mg (7.47%), Alcohol: 3.35g (100%), Alcohol %: 1.2% (100%), Protein: 8.7g (17.4%), Vitamin K: 103.56µg (98.63%), Manganese: 1.16mg (58.01%), Fiber: 13.8g (55.2%), Vitamin A: 2038.38IU (40.77%), Potassium: 1416.54mg (40.47%), Copper: 0.7mg (34.96%), Vitamin B2: 0.48mg (28.25%), Magnesium: 101.32mg (25.33%), Vitamin B3: 5.04mg (25.2%), Vitamin B1: 0.35mg (23.33%), Vitamin B6: 0.43mg (21.38%), Iron: 3.79mg (21.05%), Phosphorus: 203.94mg (20.39%), Selenium: 12.9µg (18.42%), Folate: 67.23µg (16.81%), Calcium: 145.47mg (14.55%), Vitamin B5: 1.08mg (10.83%), Zinc: 1.51mg (10.06%), Vitamin E: 1.48mg (9.87%), Vitamin D: 0.43µg (2.83%), Vitamin C: 1.12mg (1.35%)