



Plum-Nectarine-Blackberry Crumble With Cornmeal-Pistachio Topping

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



413 kcal

DESSERT

Ingredients

- 2 cups blackberries
- 0.5 cup cornmeal
- 0.8 cup flour all-purpose
- 1 tablespoon flour all-purpose
- 0.5 cup granulated sugar
- 0.5 cup brown sugar light packed
- 4 nectarines

- 0.8 cup pistachios chopped
- 2 plums
- 1 pinch salt
- 2 tablespoons butter unsalted cold cut into small pieces
- 7 tablespoons butter unsalted softened plus more for the baking dish

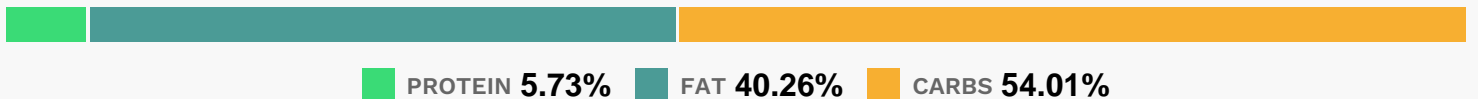
Equipment

- bowl
- oven
- whisk
- ramekin
- baking pan

Directions

- Preheat the oven to 375 degrees F. Butter a 2-quart shallow baking dish or eight 6-ounce ramekins.
- Whisk the cornmeal, flour, brown sugar and salt in a bowl. Stir in the pistachios. Work in the butter with your fingers until evenly moistened.
- Make the filling: Halve and pit the nectarines and plums (no need to peel). Slice 1/2 inch thick. Toss with the blackberries, granulated sugar and flour in a bowl.
- Transfer the filling to the prepared dish or ramekins and dot with 2 tablespoons butter. Squeeze handfuls of the crumble mixture and scatter on top of the fruit.
- Bake until golden and bubbly, 40 to 45 minutes.
- Let sit 10 minutes before serving. Top with whipped cream or ice cream, if desired.

Nutrition Facts



Properties

Glycemic Index:51.66, Glycemic Load:23.76, Inflammation Score:-7, Nutrition Score:11.042608688707%

Flavonoids

Cyanidin: 39.27mg, Cyanidin: 39.27mg, Cyanidin: 39.27mg, Cyanidin: 39.27mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 16.35mg, Catechin: 16.35mg, Catechin: 16.35mg, Catechin: 16.35mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 4.1mg, Epicatechin: 4.1mg, Epicatechin: 4.1mg Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 413.1kcal (20.65%), Fat: 19.18g (29.51%), Saturated Fat: 8.86g (55.39%), Carbohydrates: 57.88g (19.29%), Net Carbohydrates: 52.21g (18.99%), Sugar: 35.89g (39.88%), Cholesterol: 33.86mg (11.29%), Sodium: 20.91mg (0.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.14g (12.28%), Manganese: 0.58mg (28.89%), Fiber: 5.67g (22.67%), Vitamin B1: 0.27mg (17.75%), Copper: 0.33mg (16.45%), Vitamin A: 811.13IU (16.22%), Vitamin B6: 0.3mg (14.98%), Vitamin C: 11.83mg (14.34%), Phosphorus: 125.88mg (12.59%), Folate: 47.12µg (11.78%), Vitamin B3: 2.26mg (11.3%), Magnesium: 43.67mg (10.92%), Iron: 1.91mg (10.6%), Vitamin E: 1.57mg (10.48%), Potassium: 363.29mg (10.38%), Vitamin K: 10.76µg (10.25%), Selenium: 6.24µg (8.91%), Vitamin B2: 0.13mg (7.69%), Zinc: 1.03mg (6.84%), Vitamin B5: 0.46mg (4.63%), Calcium: 42.77mg (4.28%), Vitamin D: 0.24µg (1.58%)