



Plum Raspberry Crumble

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



392 kcal

DESSERT

Ingredients

- 0.5 cup almonds sliced for sprinkling
- 8 tablespoons butter unsalted diced cold (1 stick)
- 1.3 cups flour all-purpose divided
- 0.7 cup granulated sugar divided
- 0.3 teaspoon kosher salt
- 0.3 cup brown sugar light packed
- 2 tablespoons orange juice
- 0.5 cup quick-cooking oats

- 0.5 pint raspberries fresh
- 2 pounds plums red pitted cut in 1/2 , and cut in 1-inch wedges

Equipment

- food processor
- bowl
- oven
- baking pan

Directions

- Preheat the oven to 350 degrees.
- In a large bowl, combine the sliced plums, 1/3 cup of the granulated sugar, 1/4 cup of the flour, and the orange juice and toss well.
- Add the raspberries and toss lightly.
- Pour into a 9 by 12 by 2-inch baking dish.
- For the topping, place the remaining 1 cup of flour, the remaining 1/3 cup of granulated sugar, the brown sugar, and the salt in the bowl of a food processor fitted with a steel blade and pulse a few times to combine.
- Add the butter and pulse until the butter is the size of peas.
- Pour the mixture into a bowl, add the oats, and work it with your hands until it's in large crumbles.
- Add 1/2 cup of the almonds and mix well.
- Spread the topping evenly over the plums, making sure the fruit is covered.
- Sprinkle with some extra almonds.
- Bake for 40 minutes, or until the fruit is tender and bubbly and the topping is golden brown.
- Serve warm or at room temperature.

Nutrition Facts



PROTEIN 5.14% FAT 33.88% CARBS 60.98%

Properties

Glycemic Index:42.09, Glycemic Load:29.43, Inflammation Score:-7, Nutrition Score:11.405652182258%

Flavonoids

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Nutrients (% of daily need)

Calories: 392.02kcal (19.6%), Fat: 15.34g (23.59%), Saturated Fat: 7.52g (47.02%), Carbohydrates: 62.09g (20.7%), Net Carbohydrates: 56.85g (20.67%), Sugar: 38.82g (43.13%), Cholesterol: 30.1mg (10.03%), Sodium: 77.88mg (3.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.24g (10.48%), Manganese: 0.75mg (37.37%), Vitamin C: 20.65mg (25.03%), Fiber: 5.24g (20.96%), Vitamin E: 2.4mg (15.99%), Vitamin B1: 0.24mg (15.88%), Vitamin A: 759.4IU (15.19%), Folate: 53.56µg (13.39%), Selenium: 8.99µg (12.85%), Vitamin B2: 0.22mg (12.83%), Magnesium: 49.52mg (12.38%), Vitamin B3: 2.09mg (10.43%), Copper: 0.21mg (10.35%), Phosphorus: 103.13mg (10.31%), Vitamin K: 10.77µg (10.26%), Iron: 1.84mg (10.2%), Potassium: 328.28mg (9.38%), Zinc: 0.74mg (4.9%), Calcium: 46.62mg (4.66%), Vitamin B5: 0.43mg (4.34%), Vitamin B6: 0.08mg (3.83%), Vitamin D: 0.21µg (1.4%)