



Poached Quince Crumble

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



208 kcal

DESSERT

Ingredients

- ☐ 6 spice biscuits crumbled (Speculoos, gingersnaps)
- ☐ 1 stick cinnamon
- ☐ 2 quinces cored peeled quartered
- ☐ 1 star anise
- ☐ 0.5 cup sugar
- ☐ 4 servings water for poaching to cover the quinces

Equipment

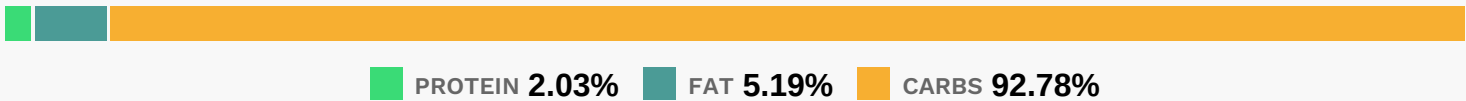
- ☐ frying pan

☐ knife

Directions

- ☐ Place all the ingredients in a pan and let it simmer on a low flame for 12–15 minutes. Check for doneness with a knife – it should pass through without much resistance. Cook for an additional 5 minutes if required.
- ☐ Remove from the water, drain and then slice them up.
- ☐ Place the sliced quince in a dish and then sprinkled the crumbed cookies.
- ☐ Let it sit for a little while (10 minutes or so) for some of the biscuits to soften and absorb flavor from the poached quince.
- ☐ Drizzle with caramel sauce.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:37.52, Glycemic Load:22.82, Inflammation Score:-2, Nutrition Score:4.6708695085152%

Flavonoids

Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg

Nutrients (% of daily need)

Calories: 207.91kcal (10.4%), Fat: 1.27g (1.96%), Saturated Fat: 0.27g (1.71%), Carbohydrates: 51.25g (17.08%), Net Carbohydrates: 48.35g (17.58%), Sugar: 27.06g (30.06%), Cholesterol: 0mg (0%), Sodium: 63.21mg (2.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.25%), Vitamin C: 17.19mg (20.83%), Manganese: 0.32mg (16.14%), Fiber: 2.9g (11.59%), Copper: 0.19mg (9.36%), Iron: 1.65mg (9.15%), Potassium: 268.78mg (7.68%), Vitamin B2: 0.07mg (4.16%), Magnesium: 15.22mg (3.8%), Folate: 12.63µg (3.16%), Calcium: 31.26mg (3.13%), Vitamin B1: 0.04mg (2.99%), Phosphorus: 29.75mg (2.98%), Vitamin B3: 0.59mg (2.94%), Vitamin B6: 0.06mg (2.94%), Selenium: 1.41µg (2.01%), Vitamin B5: 0.14mg (1.37%)