



Quick plum crumble

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



250 kcal

DESSERT

Ingredients

- ☐ 1 kg apples quartered (or apples)
- ☐ 3 tbsp sugar
- ☐ 200 g round cake diced
- ☐ 5 tbsp double cream
- ☐ 1 handful pistachios flaked chopped

Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Simmer the plums, covered, with 200ml water and sugar until softened. Tip into a baking dish and scatter over the madeira cake.
- ☐ Drizzle with double cream, scatter with the nuts and dust with icing sugar.
- ☐ Bake at 180C/160C fan/gas 4, just until browning.

Nutrition Facts



Properties

Glycemic Index:20.02, Glycemic Load:10.27, Inflammation Score:-4, Nutrition Score:5.2721738867138%

Flavonoids

Cyanidin: 2.63mg, Cyanidin: 2.63mg, Cyanidin: 2.63mg, Cyanidin: 2.63mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 12.55mg, Epicatechin: 12.55mg, Epicatechin: 12.55mg, Epicatechin: 12.55mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 6.69mg, Quercetin: 6.69mg, Quercetin: 6.69mg, Quercetin: 6.69mg

Nutrients (% of daily need)

Calories: 249.87kcal (12.49%), Fat: 5.79g (8.91%), Saturated Fat: 3.2g (19.99%), Carbohydrates: 49.71g (16.57%), Net Carbohydrates: 45.53g (16.56%), Sugar: 35.93g (39.92%), Cholesterol: 48.13mg (16.04%), Sodium: 212.77mg (9.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.24%), Fiber: 4.18g (16.74%), Vitamin C: 7.75mg (9.4%), Vitamin B2: 0.16mg (9.29%), Vitamin B1: 0.11mg (7.55%), Phosphorus: 72.07mg (7.21%), Manganese: 0.13mg (6.53%), Vitamin A: 325.77IU (6.52%), Potassium: 225.04mg (6.43%), Iron: 1.13mg (6.27%), Folate: 21.25µg (5.31%), Selenium: 3.46µg (4.94%), Vitamin B6: 0.09mg (4.64%), Calcium: 41.82mg (4.18%), Vitamin B3: 0.81mg (4.03%), Vitamin K: 4.13µg (3.94%), Copper: 0.07mg (3.48%), Vitamin E: 0.5mg (3.33%), Magnesium: 13.08mg (3.27%), Vitamin B5: 0.29mg (2.94%), Zinc: 0.27mg (1.81%), Vitamin D: 0.27µg (1.78%), Vitamin B12: 0.1µg (1.67%)