



Rainier Cherry Crumble

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



298 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon almonds toasted finely chopped
- ☐ 7 tablespoons butter chilled cut into small pieces
- ☐ 3 pounds very cherries sweet such as rainier, pitted
- ☐ 2 tablespoons cornstarch
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 cup brown sugar light packed

- ☐ 0.1 teaspoon salt
- ☐ 1 Dash salt

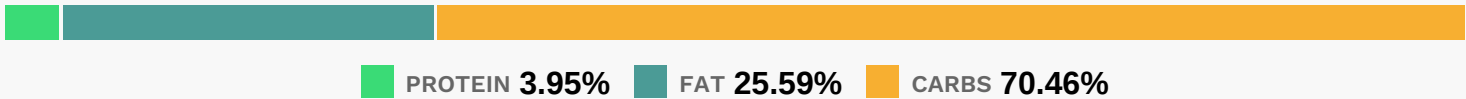
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ Place a 9-inch cast-iron skillet in preheated oven; heat 5 minutes.
- ☐ Remove pan from oven, and lightly coat with cooking spray.
- ☐ Combine cornstarch, juice, dash of salt, and cherries in a large bowl, tossing well to coat.
- ☐ Pour cherry mixture into prepared pan.
- ☐ Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and next 4 ingredients (through 1/8 teaspoon salt) in a medium bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Sprinkle flour mixture over cherries.
- ☐ Place skillet on a jelly-roll pan.
- ☐ Bake at 400 for 35 minutes or until filling is thick and bubbly and topping is browned.
- ☐ Remove from oven; let stand 20 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:16.2, Glycemic Load:11.07, Inflammation Score:-5, Nutrition Score:5.9047825971375%

Flavonoids

Cyanidin: 41.13mg, Cyanidin: 41.13mg, Cyanidin: 41.13mg, Cyanidin: 41.13mg Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg Peonidin: 2.04mg, Peonidin: 2.04mg, Peonidin: 2.04mg, Peonidin: 2.04mg Catechin: 5.95mg, Catechin: 5.95mg, Catechin: 5.95mg, Catechin: 5.95mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 6.81mg, Epicatechin: 6.81mg, Epicatechin: 6.81mg, Epicatechin: 6.81mg Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 297.76kcal (14.89%), Fat: 8.85g (13.62%), Saturated Fat: 5.15g (32.17%), Carbohydrates: 54.82g (18.27%), Net Carbohydrates: 51.45g (18.71%), Sugar: 38.92g (43.24%), Cholesterol: 21.07mg (7.02%), Sodium: 102.56mg (4.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.14%), Fiber: 3.37g (13.48%), Vitamin C: 10.69mg (12.96%), Manganese: 0.23mg (11.37%), Potassium: 357.77mg (10.22%), Vitamin B1: 0.14mg (9.21%), Folate: 29.88µg (7.47%), Vitamin B2: 0.12mg (7.17%), Iron: 1.28mg (7.11%), Selenium: 4.69µg (6.7%), Vitamin A: 332.33IU (6.65%), Copper: 0.12mg (6.09%), Magnesium: 22.85mg (5.71%), Vitamin B3: 1.02mg (5.08%), Phosphorus: 50.6mg (5.06%), Calcium: 43.6mg (4.36%), Vitamin B6: 0.08mg (4.22%), Vitamin E: 0.59mg (3.95%), Vitamin B5: 0.37mg (3.74%), Vitamin K: 3.6µg (3.43%), Zinc: 0.23mg (1.55%)