



Raspberry & apple crumble squares



Vegetarian



Popular

READY IN



65 min.

SERVINGS



16

CALORIES



236 kcal

DESSERT

Ingredients

- ☐ 1 bramley apples diced peeled
- ☐ 100 g butter softened
- ☐ 175 g brown sugar
- ☐ 1 eggs
- ☐ 280 g self raising flour
- ☐ 125 ml milk
- ☐ 200 g raspberries
- ☐ 50 g butter diced

- ☐ 85 g self raising flour
- ☐ 100 g brown sugar
- ☐ 1 lemon zest

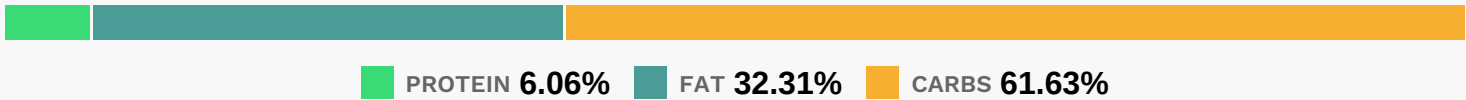
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ cake form
- ☐ skewers

Directions

- ☐ Heat oven to 180C/160C fan/gas 4 and line a 20 x 30cm cake tin with baking parchment.
- ☐ Put the apple in a small pan with 2 tbsp water. Cook for a few mins or until the apple starts to soften.
- ☐ Meanwhile, make the crumble topping. Rub the butter into the flour, sugar and lemon zest until it resembles big breadcrumbs, then set aside.
- ☐ Beat the butter and sugar in a large bowl until fluffy, then gradually add the egg. Tip in the flour and milk, and continue to beat until everything is combined. Incorporate the apples then spoon the mixture into the tin, smooth the surface, then dot with the raspberries.
- ☐ Sprinkle over the crumble topping and bake for 45 mins or until a skewer inserted comes out clean, and the topping is golden.

Nutrition Facts



Properties

Glycemic Index:20.63, Glycemic Load:11.46, Inflammation Score:-2, Nutrition Score:3.8965217574783%

Flavonoids

Cyanidin: 5.9mg, Cyanidin: 5.9mg, Cyanidin: 5.9mg, Cyanidin: 5.9mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 1.3mg, Epicatechin: 1.3mg, Epicatechin: 1.3mg, Epicatechin: 1.3mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 236.24kcal (11.81%), Fat: 8.6g (13.24%), Saturated Fat: 5.12g (31.98%), Carbohydrates: 36.93g (12.31%), Net Carbohydrates: 35.25g (12.82%), Sugar: 18.9g (21%), Cholesterol: 31.35mg (10.45%), Sodium: 72.78mg (3.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.26%), Selenium: 10.38µg (14.83%), Manganese: 0.28mg (14.02%), Fiber: 1.67g (6.69%), Vitamin A: 273.1IU (5.46%), Vitamin C: 4.28mg (5.19%), Phosphorus: 43.57mg (4.36%), Calcium: 35.7mg (3.57%), Copper: 0.07mg (3.32%), Vitamin E: 0.47mg (3.15%), Folate: 12.29µg (3.07%), Magnesium: 12.11mg (3.03%), Vitamin B2: 0.05mg (2.86%), Potassium: 95.45mg (2.73%), Iron: 0.48mg (2.67%), Vitamin B5: 0.25mg (2.54%), Zinc: 0.33mg (2.23%), Vitamin B1: 0.03mg (2.03%), Vitamin K: 1.98µg (1.89%), Vitamin B6: 0.04mg (1.88%), Vitamin B3: 0.35mg (1.74%), Vitamin B12: 0.08µg (1.4%)