



Rhubarb & Berry Crumble

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



3302 kcal

DESSERT

Ingredients

- ☐ 200 g butter cubed
- ☐ 200 g little demerara sugar
- ☐ 200 g flour plain
- ☐ 200 g raspberries
- ☐ 2 stalks rhubarb cut into chunks
- ☐ 100 g strawberries
- ☐ 4 tbsp caster sugar

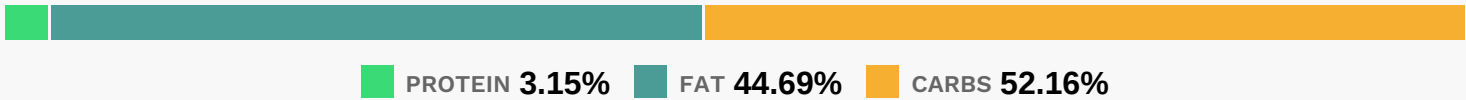
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat the oven to 180C/350F/Gas 4.
- ☐ Gently cook the rhubarb for a few minutes in a little boiling water until starting to soften.
- ☐ Mix the flour and demerara sugar in a large bowl.
- ☐ Add the butter and rub between your fingers until it is the texture of breadcrumbs
- ☐ Drain the rhubarb and mix with the other berries.
- ☐ Pour into a large ovenproof dish and sprinkle with the caster sugar.
- ☐ Sprinkle the crumble mixture over the fruit and bake for approximately 30 minutes until golden and bubbling.

Nutrition Facts



Properties

Glycemic Index:274.09, Glycemic Load:149.43, Inflammation Score:-10, Nutrition Score:52.59260882502%

Flavonoids

Cyanidin: 93.22mg, Cyanidin: 93.22mg, Cyanidin: 93.22mg, Cyanidin: 93.22mg Petunidin: 0.73mg, Petunidin: 0.73mg, Petunidin: 0.73mg, Petunidin: 0.73mg Delphinidin: 2.95mg, Delphinidin: 2.95mg, Delphinidin: 2.95mg, Delphinidin: 2.95mg Malvidin: 0.27mg, Malvidin: 0.27mg, Malvidin: 0.27mg, Malvidin: 0.27mg Pelargonidin: 26.81mg, Pelargonidin: 26.81mg, Pelargonidin: 26.81mg, Pelargonidin: 26.81mg Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg Catechin: 7.94mg, Catechin: 7.94mg, Catechin: 7.94mg, Catechin: 7.94mg Epigallocatechin: 1.7mg, Epigallocatechin: 1.7mg, Epigallocatechin: 1.7mg, Epigallocatechin: 1.7mg Epicatechin: 7.98mg, Epicatechin: 7.98mg, Epicatechin: 7.98mg, Epicatechin: 7.98mg Epicatechin 3-gallate: 0.76mg, Epicatechin 3-gallate: 0.76mg, Epicatechin 3-gallate: 0.76mg, Epicatechin 3-gallate: 0.76mg Epigallocatechin 3-gallate: 1.19mg, Epigallocatechin 3-gallate: 1.19mg, Epigallocatechin 3-gallate: 1.19mg, Epigallocatechin 3-gallate: 1.19mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 3302.22kcal (165.11%), Fat: 166.12g (255.57%), Saturated Fat: 103.22g (645.11%), Carbohydrates: 436.26g (145.42%), Net Carbohydrates: 414.02g (150.55%), Sugar: 261.8g (290.88%), Cholesterol: 430mg (143.33%), Sodium: 1303.56mg (56.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.35g (52.7%), Manganese: 3.38mg (169.19%), Vitamin C: 119.36mg (144.68%), Vitamin B1: 1.69mg (112.56%), Folate: 445.14µg (111.29%), Vitamin A: 5180.04IU (103.6%), Selenium: 72.01µg (102.87%), Fiber: 22.24g (88.94%), Vitamin B2: 1.19mg (70.22%), Vitamin B3: 13.78mg (68.9%), Iron: 12.1mg (67.21%), Vitamin K: 62.29µg (59.32%), Vitamin E: 7.07mg (47.1%), Phosphorus: 362.28mg (36.23%), Potassium: 1069.72mg (30.56%), Magnesium: 121.24mg (30.31%), Copper: 0.56mg (27.94%), Calcium: 256.2mg (25.62%), Vitamin B5: 1.97mg (19.66%), Zinc: 2.73mg (18.18%), Vitamin B6: 0.28mg (13.77%), Vitamin B12: 0.34µg (5.67%)