



Rhubarb-Mango Crumble

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



382 kcal

DESSERT

Ingredients

- 0.7 cup flour all-purpose
- 0.5 teaspoon ground ginger
- 1 large mangos cut into 3/4-inch cubes
- 1 pound rhubarb stalks cut into 3/4-inch pieces
- 1 pinch salt
- 0.5 cup sugar
- 5 tablespoons butter unsalted cut into 1/2-inch pieces
- 0.1 teaspoon pepper white freshly ground

3 tablespoons cornmeal yellow

Equipment

food processor

bowl

oven

baking pan

broiler

Directions

Preheat the oven to 42

Generously butter a large baking dish.

Add the rhubarb and mango, then add 6 1/2 tablespoons of the sugar and toss gently to combine.

In a food processor, combine the remaining 2 tablespoons of sugar with the flour, cornmeal, ginger, white pepper and salt; pulse a few times to mix.

Add the butter and process just until the mixture begins to clump.

Transfer the topping to a bowl. Pinch the topping to form large and small crumbs and sprinkle them evenly over the fruit.

Bake for 25 to 30 minutes, or until bubbly and golden on top. If desired, set the baking dish under the broiler for a few seconds to brown the top.

Nutrition Facts



PROTEIN 4.58% **FAT 35.08%** **CARBS 60.34%**

Properties

Glycemic Index:69.59, Glycemic Load:36.21, Inflammation Score:-7, Nutrition Score:12.250434626704%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 3.35mg, Catechin: 3.35mg, Catechin: 3.35mg, Catechin: 3.35mg Epicatechin:

0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Nutrients (% of daily need)

Calories: 382.24kcal (19.11%), Fat: 15.35g (23.62%), Saturated Fat: 9.21g (57.59%), Carbohydrates: 59.41g (19.8%), Net Carbohydrates: 55.22g (20.08%), Sugar: 33.48g (37.2%), Cholesterol: 37.63mg (12.54%), Sodium: 17.71mg (0.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.03%), Vitamin K: 36.7µg (34.96%), Vitamin C: 27.92mg (33.85%), Manganese: 0.53mg (26.63%), Vitamin A: 1113IU (22.26%), Folate: 71.43µg (17.86%), Fiber: 4.19g (16.75%), Vitamin B1: 0.22mg (14.95%), Selenium: 9.54µg (13.62%), Potassium: 468.02mg (13.37%), Calcium: 111.7mg (11.17%), Vitamin B3: 2.13mg (10.67%), Vitamin B2: 0.17mg (10.28%), Iron: 1.6mg (8.88%), Vitamin E: 1.22mg (8.12%), Magnesium: 32.33mg (8.08%), Vitamin B6: 0.14mg (7.22%), Copper: 0.14mg (6.79%), Phosphorus: 67.23mg (6.72%), Zinc: 0.57mg (3.78%), Vitamin B5: 0.35mg (3.55%), Vitamin D: 0.26µg (1.75%)