



Rhubarb, pear & hazelnut crumbles

READY IN



60 min.

SERVINGS



4

CALORIES



604 kcal

DESSERT

Ingredients

- ☐ 25 g butter
- ☐ 3 pears cored halved
- ☐ 500 g rhubarb cut into chunks
- ☐ 2 tbsp brown sugar light soft
- ☐ 0.5 tsp ground cinnamon
- ☐ 0.3 tsp ground cloves
- ☐ 4 servings whipped cream
- ☐ 50 g hazelnuts
- ☐ 50 g butter diced cold

- ☐ 85 g self raising flour
- ☐ 1 tsp ground cinnamon
- ☐ 50 g little demerara sugar

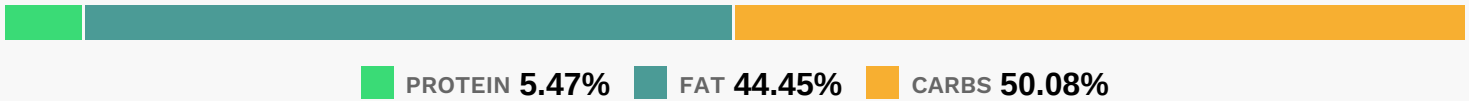
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven

Directions

- ☐ Melt the butter in a pan, then add the pears, rhubarb, sugar, cinnamon and cloves, and cook over a low heat for 10–12 mins or until just tender. Divide the rhubarb between 4 ovenproof dishes (or use 1 large dish) and set aside.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ To make the crumble topping, tip all the ingredients into a food processor and pulse to crumbs.
- ☐ Sprinkle the topping over the fruit filling, then bake for 30 mins or until golden brown on top.
- ☐ Serve with vanilla ice cream or double cream.

Nutrition Facts



Properties

Glycemic Index:75.69, Glycemic Load:25.74, Inflammation Score:-7, Nutrition Score:18.023478357688%

Flavonoids

Cyanidin: 3.59mg, Cyanidin: 3.59mg, Cyanidin: 3.59mg, Cyanidin: 3.59mg Catechin: 3.22mg, Catechin: 3.22mg, Catechin: 3.22mg, Catechin: 3.22mg Epigallocatechin: 1.14mg, Epigallocatechin: 1.14mg, Epigallocatechin: 1.14mg, Epigallocatechin: 1.14mg Epicatechin: 5.68mg, Epicatechin: 5.68mg, Epicatechin: 5.68mg, Epicatechin: 5.68mg Epicatechin 3–gallate: 0.78mg, Epicatechin 3–gallate: 0.78mg, Epicatechin 3–gallate: 0.78mg, Epicatechin 3–gallate: 0.78mg Epigallocatechin 3–gallate: 0.36mg, Epigallocatechin 3–gallate: 0.36mg, Epigallocatechin 3–gallate: 0.36mg, Epigallocatechin 3–gallate: 0.36mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 604.06kcal (30.2%), Fat: 30.89g (47.52%), Saturated Fat: 14.83g (92.7%), Carbohydrates: 78.29g (26.1%), Net Carbohydrates: 69.15g (25.15%), Sugar: 47.25g (52.5%), Cholesterol: 69.35mg (23.12%), Sodium: 182.64mg (7.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.55g (17.1%), Manganese: 1.51mg (75.67%), Vitamin K: 46.34µg (44.13%), Fiber: 9.14g (36.54%), Calcium: 243.01mg (24.3%), Potassium: 774.1mg (22.12%), Vitamin E: 3.12mg (20.83%), Copper: 0.41mg (20.62%), Vitamin C: 16.96mg (20.56%), Vitamin A: 913.31IU (18.27%), Selenium: 11.73µg (16.76%), Phosphorus: 165.31mg (16.53%), Vitamin B2: 0.26mg (15.56%), Magnesium: 61.36mg (15.34%), Vitamin B1: 0.17mg (11.12%), Folate: 43.25µg (10.81%), Vitamin B6: 0.18mg (9.19%), Iron: 1.54mg (8.57%), Zinc: 1.24mg (8.29%), Vitamin B5: 0.8mg (7.96%), Vitamin B3: 1.13mg (5.67%), Vitamin B12: 0.29µg (4.82%)