



Rhubarb-Strawberry Crumble

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



252 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 2 tablespoons cornstarch
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 0.7 cup granulated sugar
- ☐ 0.5 cup quick-cooking oats
- ☐ 1.5 pounds rhubarb
- ☐ 0.3 cup strawberry spread such as Polaner All Fruit

- ☐ 0.3 cup coconut or sweetened flaked
- ☐ 0.3 cup butter unsalted chilled cut into small pieces

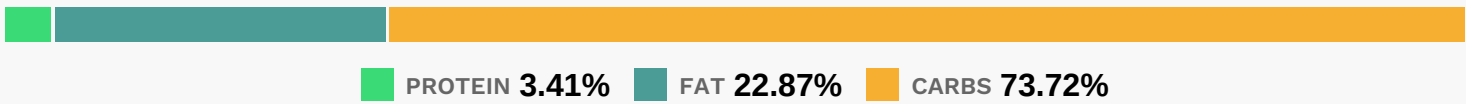
Equipment

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

Directions

- ☐ Preheat oven to 37
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and the next 4 ingredients (flour through brown sugar) in a medium bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Combine rhubarb, 2/3 cup granulated sugar, and cornstarch in a large bowl, tossing to coat. Spoon rhubarb mixture into an 11 x 7-inch baking dish coated with cooking spray. Drop strawberry spread by spoonfuls over rhubarb mixture; sprinkle with oats mixture.
- ☐ Bake at 375 for 40 minutes or until browned and bubbly.

Nutrition Facts



Properties

Glycemic Index:38.69, Glycemic Load:23.57, Inflammation Score:-3, Nutrition Score:5.9395651532256%

Flavonoids

Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg

Nutrients (% of daily need)

Calories: 252.11kcal (12.61%), Fat: 6.6g (10.15%), Saturated Fat: 4.17g (26.08%), Carbohydrates: 47.85g (15.95%), Net Carbohydrates: 45.45g (16.53%), Sugar: 32.91g (36.57%), Cholesterol: 13.56mg (4.52%), Sodium: 18.06mg (0.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.43%), Vitamin K: 22.76µg (21.67%), Manganese: 0.43mg (21.46%), Fiber: 2.4g (9.61%), Vitamin C: 6.88mg (8.34%), Selenium: 5.72µg (8.17%), Calcium: 77.23mg (7.72%), Potassium: 270.02mg (7.71%), Vitamin B1: 0.1mg (6.42%), Magnesium: 25.47mg (6.37%), Folate: 20.83µg (5.21%), Iron: 0.85mg (4.75%), Vitamin A: 234.69IU (4.69%), Phosphorus: 45.65mg (4.56%), Vitamin B2: 0.08mg (4.47%), Vitamin B3: 0.71mg (3.54%), Copper: 0.07mg (3.37%), Vitamin E: 0.4mg (2.65%), Zinc: 0.31mg (2.05%), Vitamin B6: 0.03mg (1.56%), Vitamin B5: 0.15mg (1.48%)