



Rustic Quince and Sour Cherry Crumble

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



269 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 2 tablespoons brown sugar
- ☐ 0.3 cup butter chilled cut into small pieces
- ☐ 2 teaspoons cornstarch
- ☐ 3.3 ounces flour all-purpose
- ☐ 0.3 cup regular oats
- ☐ 4 cups poached quinces chopped (16 quince quarters)
- ☐ 0.1 teaspoon salt

☐ 14.5 ounce tart cherries in water pitted drained canned

Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ To prepare filling, combine first 4 ingredients in a large bowl, tossing well. Spoon into an 8-inch square baking dish coated with cooking spray.
- ☐ To prepare topping, lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Place flour, oats, 2 tablespoons sugar, and salt in a food processor; pulse until just combined.
- ☐ Add butter; process until the mixture resembles coarse meal. Squeeze handfuls of topping to form large pieces; crumble evenly over filling.
- ☐ Bake at 375 for 40 minutes or until filling is bubbly and topping begins to brown.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:14.23, Inflammation Score:-4, Nutrition Score:6.7152172929567%

Flavonoids

Cyanidin: 15.52mg, Cyanidin: 15.52mg, Cyanidin: 15.52mg, Cyanidin: 15.52mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 0.77mg, Peonidin: 0.77mg, Peonidin: 0.77mg, Peonidin: 0.77mg Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg,

Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 268.82kcal (13.44%), Fat: 6.26g (9.62%), Saturated Fat: 3.72g (23.28%), Carbohydrates: 53.94g (17.98%), Net Carbohydrates: 50.04g (18.19%), Sugar: 22.89g (25.43%), Cholesterol: 15.25mg (5.08%), Sodium: 91.8mg (3.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.31%), Vitamin C: 21.34mg (25.87%), Fiber: 3.91g (15.62%), Potassium: 392.92mg (11.23%), Manganese: 0.22mg (10.98%), Copper: 0.22mg (10.98%), Iron: 1.79mg (9.95%), Vitamin B1: 0.14mg (9.48%), Selenium: 5.73µg (8.19%), Folate: 28.41µg (7.1%), Vitamin B2: 0.12mg (6.89%), Magnesium: 22.88mg (5.72%), Phosphorus: 56.48mg (5.65%), Vitamin B3: 1.06mg (5.31%), Vitamin A: 257.48IU (5.15%), Vitamin B6: 0.09mg (4.37%), Calcium: 38.42mg (3.84%), Vitamin B5: 0.31mg (3.08%), Zinc: 0.27mg (1.8%), Vitamin K: 1.66µg (1.58%), Vitamin E: 0.22mg (1.46%)