



Santa Rosa Plum Crumble

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



234 kcal

DESSERT

Ingredients

- 6 tablespoons brown sugar
- 5 tablespoons butter chilled cut into small pieces
- 3 tablespoons wine dry red
- 0.8 cup flour all-purpose
- 0.3 cup granulated sugar
- 0.1 teaspoon nutmeg
- 1 cup rolled oats
- 1.5 teaspoons orange zest grated

- 14 plums cut into 6 wedges
- 0.3 teaspoon salt
- 4 inch vanilla pod split

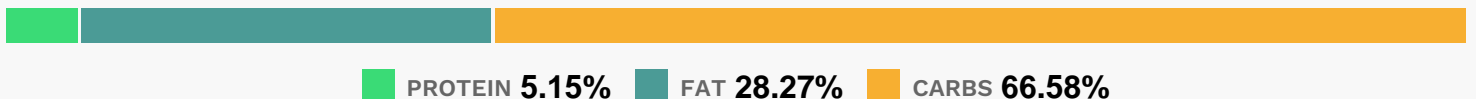
Equipment

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

Directions

- Preheat oven to 37
- Combine first three ingredients. Scrape seeds from vanilla bean; add seeds to plum mixture. Discard bean. Toss mixture gently to combine. Spoon into a 13 x 9-inch baking dish coated with cooking spray.
- Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour and next 5 ingredients (through nutmeg) in a medium bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- Sprinkle flour mixture evenly over plum mixture.
- Bake at 375 for 45 minutes or until plum mixture is bubbly and topping is lightly browned.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:38.2, Glycemic Load:15.68, Inflammation Score:-5, Nutrition Score:6.3704347390196%

Flavonoids

Cyanidin: 5.78mg, Cyanidin: 5.78mg, Cyanidin: 5.78mg, Cyanidin: 5.78mg Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Malvidin: 1.31mg, Malvidin: 1.31mg, Malvidin: 1.31mg, Malvidin: 1.31mg Peonidin: 0.41mg, Peonidin: 0.41mg, Peonidin: 0.41mg, Peonidin: 0.41mg Catechin: 3.35mg, Catechin: 3.35mg, Catechin: 3.35mg, Catechin: 3.35mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 3.82mg, Epicatechin: 3.82mg, Epicatechin: 3.82mg, Epicatechin: 3.82mg Epicatechin 3-gallate: 0.78mg, Epicatechin 3-gallate: 0.78mg, Epicatechin 3-gallate: 0.78mg, Epicatechin 3-gallate: 0.78mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 234.12kcal (11.71%), Fat: 7.48g (11.51%), Saturated Fat: 4.14g (25.87%), Carbohydrates: 39.65g (13.22%), Net Carbohydrates: 36.98g (13.45%), Sugar: 23.62g (26.24%), Cholesterol: 16.72mg (5.57%), Sodium: 117.67mg (5.12%), Alcohol: 0.52g (100%), Alcohol %: 0.44% (100%), Protein: 3.07g (6.14%), Manganese: 0.46mg (22.89%), Vitamin C: 10.21mg (12.37%), Vitamin A: 549.99IU (11%), Fiber: 2.67g (10.68%), Vitamin B1: 0.15mg (10.19%), Selenium: 6.35µg (9.07%), Vitamin K: 7.33µg (6.98%), Folate: 27.51µg (6.88%), Phosphorus: 66.93mg (6.69%), Potassium: 218.38mg (6.24%), Iron: 1.11mg (6.14%), Vitamin B3: 1.16mg (5.8%), Magnesium: 22.91mg (5.73%), Copper: 0.11mg (5.68%), Vitamin B2: 0.1mg (5.65%), Zinc: 0.52mg (3.43%), Vitamin E: 0.49mg (3.28%), Vitamin B5: 0.31mg (3.06%), Vitamin B6: 0.05mg (2.38%), Calcium: 21.6mg (2.16%)