



Skillet Berry Crumble

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



383 kcal

DESSERT

Ingredients

- ☐ 1 cup all purpose gold medal flour
- ☐ 12 ounces blueberries fresh (if you have elderberries, those would be great)
- ☐ 2 tablespoons corn starch
- ☐ 0.3 cup granulated sugar
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1 pinch kosher salt
- ☐ 2 tablespoons lemon juice
- ☐ 0.8 cups brown sugar light packed

☐ 8 tablespoons butter unsalted cold cubed

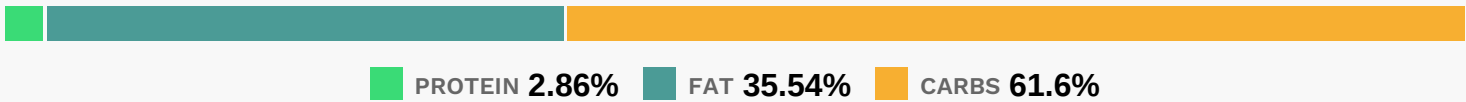
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ pastry cutter

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Place blueberries, corn starch, lemon juice and sugar into a 9 inch cast iron skillet over medium heat, stirring to combine. Stir and cook until bubbly and thick, about 7 minutes. Turn heat off.To prepare crumb topping add flour, brown sugar, cinnamon and salt into a large mixing bowl, stir to combine. With a pastry cutter, cut in ice cold butter cubes until small pea size balls form. This takes a good constant 5 minutes of cutting butter into flour mixture.
- ☐ Pour crumb topping over blueberries and bake for 25–30 minutes, until blueberries are bubbling and crust is golden and firm to the touch.
- ☐ Remove and serve with warm with ice cream on top.

Nutrition Facts



Properties

Glycemic Index:31.68, Glycemic Load:20.07, Inflammation Score:-5, Nutrition Score:6.7273912948111%

Flavonoids

Cyanidin: 4.8mg, Cyanidin: 4.8mg, Cyanidin: 4.8mg, Cyanidin: 4.8mg Petunidin: 17.88mg, Petunidin: 17.88mg, Petunidin: 17.88mg, Petunidin: 17.88mg Delphinidin: 20.09mg, Delphinidin: 20.09mg, Delphinidin: 20.09mg, Delphinidin: 20.09mg Malvidin: 38.32mg, Malvidin: 38.32mg, Malvidin: 38.32mg, Malvidin: 38.32mg Peonidin: 11.5mg, Peonidin: 11.5mg, Peonidin: 11.5mg, Peonidin: 11.5mg Catechin: 3mg, Catechin: 3mg, Catechin: 3mg, Catechin: 3mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg

1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg
Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.94mg, Kaempferol: 0.94mg,
Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin:
0.74mg Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg Gallocatechin: 0.07mg,
Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 383.28kcal (19.16%), Fat: 15.59g (23.98%), Saturated Fat: 9.64g (60.27%), Carbohydrates: 60.81g
(20.27%), Net Carbohydrates: 58.58g (21.3%), Sugar: 40.97g (45.52%), Cholesterol: 40.13mg (13.38%), Sodium:
17.46mg (0.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.64%), Manganese: 0.44mg (22%),
Vitamin B1: 0.19mg (12.53%), Vitamin K: 12.47µg (11.87%), Vitamin C: 9.39mg (11.38%), Folate: 44.39µg (11.1%),
Selenium: 7.72µg (11.03%), Vitamin A: 499.17IU (9.98%), Fiber: 2.22g (8.89%), Vitamin B2: 0.14mg (7.99%), Iron:
1.38mg (7.67%), Vitamin B3: 1.52mg (7.6%), Vitamin E: 0.8mg (5.3%), Copper: 0.08mg (4.11%), Calcium: 39.54mg
(3.95%), Phosphorus: 36.05mg (3.6%), Potassium: 119.64mg (3.42%), Magnesium: 11.74mg (2.94%), Vitamin B6:
0.06mg (2.79%), Vitamin B5: 0.23mg (2.33%), Vitamin D: 0.28µg (1.87%), Zinc: 0.28mg (1.85%)