



Spiced plum & blackberry crumble

 Vegetarian

READY IN



110 min.

SERVINGS



6

CALORIES



599 kcal

DESSERT

Ingredients

- ☐ 140 g flour plain
- ☐ 140 g butter cut into small dice
- ☐ 85 g brown sugar soft
- ☐ 50 g oatmeal
- ☐ 6 servings custard sauce
- ☐ 1 kg plums ripe halved (14)
- ☐ 1 tbsp brown sugar soft
- ☐ 1 tbsp flour plain

- ☐ 2 star anise
- ☐ 1 tsp ground cinnamon
- ☐ 1 tsp vanilla extract
- ☐ 0.5 juice of lemon
- ☐ 300 g blackberries

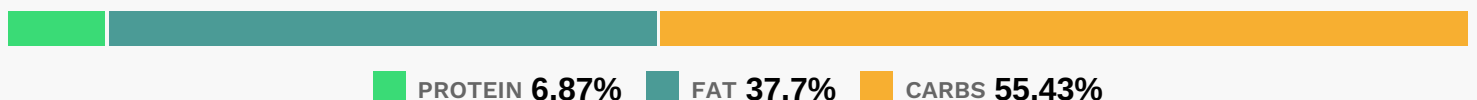
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ First, make the crumble topping.
- ☐ Put the flour and butter in a food processor and pulse to the texture of wet sand. Tip into a bowl and add the sugar and oats.
- ☐ Sprinkle the mixture with 2 tbsp cold water, then use a fork to mix everything together, creating a crumbly texture with a few large clumps. Chill until needed.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Tip all the fruit ingredients, except the blackberries, into a large ovenproof dish.
- ☐ Add 50ml water, cover with foil and bake for 1 hr.
- ☐ Remove the foil and discard star anise.
- ☐ Add the blackberries to the dish, sprinkle over the crumble mixture and return to the oven for a further 25–30 mins until the top is golden.
- ☐ Serve hot with custard.

Nutrition Facts



Properties

Glycemic Index:61.79, Glycemic Load:30.18, Inflammation Score:-8, Nutrition Score:19.149565074755%

Flavonoids

Cyanidin: 59.36mg, Cyanidin: 59.36mg, Cyanidin: 59.36mg, Cyanidin: 59.36mg Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg Peonidin: 0.62mg, Peonidin: 0.62mg, Peonidin: 0.62mg, Peonidin: 0.62mg Catechin: 23.35mg, Catechin: 23.35mg, Catechin: 23.35mg, Catechin: 23.35mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 7.66mg, Epicatechin: 7.66mg, Epicatechin: 7.66mg, Epicatechin: 7.66mg Epicatechin 3-gallate: 1.27mg, Epicatechin 3-gallate: 1.27mg, Epicatechin 3-gallate: 1.27mg, Epicatechin 3-gallate: 1.27mg Epigallocatechin 3-gallate: 1.01mg, Epigallocatechin 3-gallate: 1.01mg, Epigallocatechin 3-gallate: 1.01mg, Epigallocatechin 3-gallate: 1.01mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 599.08kcal (29.95%), Fat: 25.71g (39.55%), Saturated Fat: 14.96g (93.51%), Carbohydrates: 85.03g (28.34%), Net Carbohydrates: 78.96g (28.71%), Sugar: 41.72g (46.35%), Cholesterol: 122.08mg (40.69%), Sodium: 274.51mg (11.94%), Alcohol: 0.24g (100%), Alcohol %: 0.07% (100%), Protein: 10.54g (21.08%), Manganese: 0.73mg (36.56%), Vitamin C: 27.53mg (33.37%), Vitamin A: 1524.18IU (30.48%), Vitamin B2: 0.5mg (29.38%), Phosphorus: 262.17mg (26.22%), Selenium: 17.9µg (25.58%), Calcium: 250.67mg (25.07%), Fiber: 6.07g (24.3%), Vitamin B1: 0.35mg (23%), Vitamin K: 22.72µg (21.63%), Potassium: 704.06mg (20.12%), Folate: 80.43µg (20.11%), Vitamin B5: 1.54mg (15.37%), Iron: 2.57mg (14.28%), Copper: 0.27mg (13.72%), Magnesium: 54.87mg (13.72%), Vitamin B3: 2.72mg (13.62%), Vitamin B12: 0.77µg (12.88%), Vitamin D: 1.69µg (11.28%), Vitamin E: 1.68mg (11.2%), Zinc: 1.46mg (9.73%), Vitamin B6: 0.18mg (8.82%)