



Strawberry and Rhubarb Crumble

READY IN



45 min.

SERVINGS



8

CALORIES



497 kcal

DESSERT

Ingredients

- ☐ 0.8 cup all purpose flour
- ☐ 0.5 cup hazelnuts husked toasted coarsely chopped
- ☐ 0.5 cup old-fashioned oats
- ☐ 12 ounces rhubarb red ends trimmed (preferably bright)
- ☐ 1 pinch of salt
- ☐ 4 cups strawberries hulled halved
- ☐ 0.7 cup sugar
- ☐ 6 tablespoons butter unsalted chilled cut into 1/2-inch cubes ()
- ☐ 0.5 vanilla pod split

☐ 8 servings whipped cream

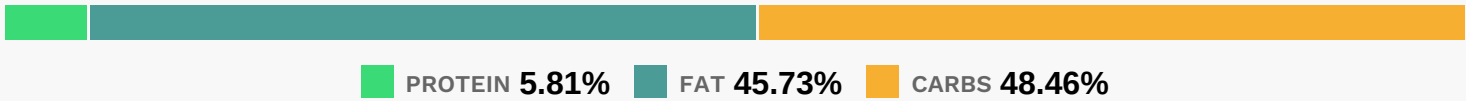
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Combine flour, 2/3 cup sugar, and salt in medium bowl; whisk to blend.
- ☐ Add butter. Rub in with fingertips until mixture sticks together in clumps.
- ☐ Mix in oats and nuts. DO AHEAD: Topping can be made 1 day ahead. Cover and chill.
- ☐ Preheat oven to 375°F. Butter 11 x 7 x 2-inch glass baking dish.
- ☐ Place 1/2 cup sugar in large bowl. Scrape in seeds from vanilla bean; whisk to blend well.
- ☐ Add strawberries and rhubarb to sugar in bowl; toss to coat well. Scrape fruit filling into prepared baking dish.
- ☐ Sprinkle oat topping evenly over filling.
- ☐ Bake crumble until filling bubbles thickly and topping is crisp, about 45 minutes.
- ☐ Let cool 15 minutes. Spoon warm crumble into bowls.
- ☐ Serve with ice cream.
- ☐ 6 kcal calories, 38.3 % calories from fat, 16.1 g fat, 7.4 g saturated fat,
- ☐ 4 mg cholesterol,
- ☐ 0 g total sugars,
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:45.26, Glycemic Load:36.15, Inflammation Score:-7, Nutrition Score:14.373043651166%

Flavonoids

Cyanidin: 1.71mg, Cyanidin: 1.71mg, Cyanidin: 1.71mg, Cyanidin: 1.71mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.33mg, Catechin: 2.33mg, Catechin: 2.33mg, Catechin: 2.33mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 496.83kcal (24.84%), Fat: 25.78g (39.65%), Saturated Fat: 13.18g (82.39%), Carbohydrates: 61.45g (20.48%), Net Carbohydrates: 57.7g (20.98%), Sugar: 43.57g (48.42%), Cholesterol: 70.33mg (23.44%), Sodium: 94.24mg (4.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.37g (14.75%), Vitamin C: 43.46mg (52.68%), Manganese: 1.01mg (50.74%), Vitamin B2: 0.36mg (21.02%), Phosphorus: 188.93mg (18.89%), Calcium: 166.06mg (16.61%), Vitamin B1: 0.23mg (15.06%), Fiber: 3.76g (15.02%), Vitamin A: 729.42IU (14.59%), Folate: 54.56µg (13.64%), Vitamin E: 1.93mg (12.88%), Potassium: 410.86mg (11.74%), Magnesium: 46.56mg (11.64%), Selenium: 8.06µg (11.52%), Copper: 0.23mg (11.4%), Vitamin B5: 0.91mg (9.09%), Zinc: 1.31mg (8.74%), Iron: 1.51mg (8.42%), Vitamin B12: 0.44µg (7.35%), Vitamin B6: 0.14mg (6.93%), Vitamin B3: 1.29mg (6.46%), Vitamin K: 3.85µg (3.66%), Vitamin D: 0.37µg (2.5%)