



Strawberry-Apple Macaroon Crumble

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



378 kcal

DESSERT

Ingredients

- ☐ 1 cup almond paste crumbled
- ☐ 2 large egg whites
- ☐ 3 pounds tart apples such as granny smith cored peeled sliced
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 cup matzoh cake meal see notes
- ☐ 1.5 tablespoons potato flour see notes
- ☐ 0.3 teaspoon salt
- ☐ 1 pound strawberries hulled rinsed sliced

☐ 1 cup sugar

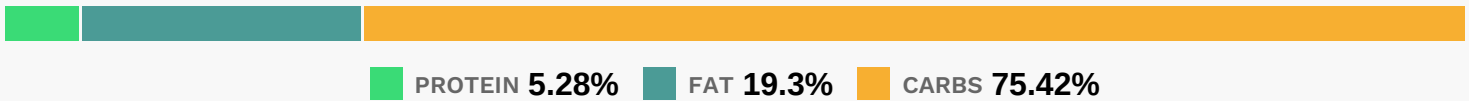
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ In the bowl of a food processor or a standing mixer, whirl or beat almond paste and 1 cup sugar until well blended. Whirl or beat in egg whites, matzoh cake meal, and salt until well incorporated (mixture will resemble very wet cookie dough).
- ☐ In a large bowl, mix apples, strawberries, lemon juice, potato starch, and remaining 1 tablespoon sugar.
- ☐ Spread fruit mixture level in a shallow 2 1/2- to 3-quart baking dish. Pat al-mond paste mixture evenly over fruit.
- ☐ Bake in a 350 oven until topping is browned and fruit bubbles, 40 to 45 minutes.
- ☐ Let stand at least 10 minutes.

Nutrition Facts



Properties

Glycemic Index:17.76, Glycemic Load:24.95, Inflammation Score:-5, Nutrition Score:11.605217358016%

Flavonoids

Cyanidin: 3.62mg, Cyanidin: 3.62mg, Cyanidin: 3.62mg, Cyanidin: 3.62mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.97mg, Catechin: 3.97mg, Catechin: 3.97mg, Catechin: 3.97mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 13.05mg

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Nutrients (% of daily need)

Calories: 377.83kcal (18.89%), Fat: 8.55g (13.15%), Saturated Fat: 0.82g (5.16%), Carbohydrates: 75.18g (25.06%), Net Carbohydrates: 68.24g (24.81%), Sugar: 55.92g (62.13%), Cholesterol: 0mg (0%), Sodium: 92.3mg (4.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.53%), Vitamin C: 42.7mg (51.76%), Manganese: 0.59mg (29.27%), Vitamin E: 4.32mg (28.77%), Fiber: 6.94g (27.76%), Magnesium: 57.06mg (14.27%), Vitamin B2: 0.24mg (14.23%), Phosphorus: 117.37mg (11.74%), Potassium: 400.49mg (11.44%), Copper: 0.21mg (10.72%), Folate: 42.37µg (10.59%), Selenium: 6.47µg (9.24%), Calcium: 71.29mg (7.13%), Vitamin B1: 0.1mg (6.95%), Iron: 1.21mg (6.73%), Vitamin B6: 0.13mg (6.52%), Vitamin B3: 1.18mg (5.91%), Vitamin K: 5.02µg (4.78%), Zinc: 0.64mg (4.28%), Vitamin B5: 0.27mg (2.73%), Vitamin A: 98.88IU (1.98%)