



## Strawberry Rhubarb Crumble

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



913 kcal

DESSERT

### Ingredients

- 1 stick butter
- 2 tablespoons cornstarch
- 1 cup flour all-purpose
- 0.5 juice of lemon
- 0.3 teaspoon kosher salt
- 1 cup mascarpone cheese
- 6 cups rhubarb cut into 1/2-inch pieces
- 0.8 cup slivered almonds toasted

- 1 cup strawberries roughly chopped
- 0.3 cup sugar
- 0.5 cup sugar

## Equipment

- food processor
- oven
- whisk
- mixing bowl
- ramekin
- stand mixer

## Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F.
- For the almond crumble topping: In a food processor, pulse the almonds until finely ground.
- Add the flour, sugar and salt. Pulse to incorporate.
- Add the butter and pulse until the butter is dispersed in walnut-size pieces throughout. Set aside at room temperature.
- Mix the rhubarb, strawberries, sugar, cornstarch, lemon zest and lemon juice in a large mixing bowl. Fill four 4-inch ramekins almost to the top.
- Sprinkle about 2 tablespoons of the almond crumble on the top and place in the oven.
- Bake until the filling bubbles and the topping is golden brown, about 20 minutes.
- Let stand for 5 minutes.
- For the topping: Using a whisk or whisk attachment and stand mixer, whip the mascarpone on medium-high speed for about 2 minutes, to increase the volume. Reserve and refrigerate until ready for use.
- To serve: Once rested, top each ramekin with 2 tablespoons of whipped mascarpone.

## Nutrition Facts



■ PROTEIN 5.85% ■ FAT 57.27% ■ CARBS 36.88%

## Properties

Glycemic Index:82.05, Glycemic Load:48, Inflammation Score:-9, Nutrition Score:22.400435087473%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 913.11kcal (45.66%), Fat: 59.25g (91.16%), Saturated Fat: 31.19g (194.95%), Carbohydrates: 85.85g (28.62%), Net Carbohydrates: 78.41g (28.51%), Sugar: 46.43g (51.59%), Cholesterol: 116.99mg (39%), Sodium: 367.25mg (15.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.61g (27.22%), Manganese: 1.18mg (58.9%), Vitamin K: 56.48µg (53.79%), Vitamin C: 37.26mg (45.16%), Vitamin E: 6.46mg (43.08%), Vitamin A: 1684.88IU (33.7%), Calcium: 308.64mg (30.86%), Fiber: 7.44g (29.75%), Vitamin B2: 0.47mg (27.42%), Folate: 89.14µg (22.29%), Vitamin B1: 0.33mg (22.29%), Magnesium: 89.1mg (22.28%), Potassium: 775.62mg (22.16%), Selenium: 14.23µg (20.33%), Phosphorus: 173.01mg (17.3%), Vitamin B3: 3.28mg (16.41%), Copper: 0.31mg (15.75%), Iron: 2.8mg (15.56%), Zinc: 1.12mg (7.45%), Vitamin B6: 0.1mg (5.25%), Vitamin B5: 0.47mg (4.68%)