



Sweet and Sour Cherry and Buckwheat Crumble



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



244 kcal

DESSERT

Ingredients

- ☐ 0.3 cup buckwheat flour
- ☐ 20 ounce cherries sweet frozen thawed
- ☐ 24 ounce cherries light sour pitted drained
- ☐ 1 tablespoon cornstarch
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.3 cup roasted sunflower seeds unsalted

- ☐ 0.3 cup sesame seed toasted
- ☐ 3 tablespoons sugar divided
- ☐ 0.3 cup butter unsalted chilled cut into pieces, or virgin coconut oil ()

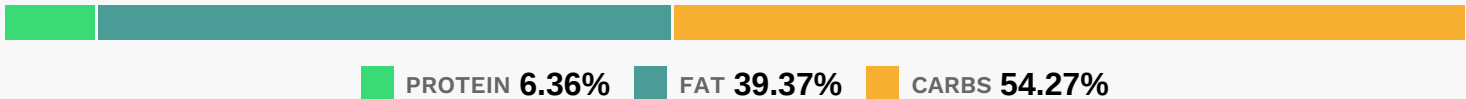
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350°F. Toss cherries,sugar, vinegar, and cornstarch in a large bowl;transfer to a shallow 1.5-quart baking dish.
- ☐ Combine sunflowerseeds, buckwheat flour, sesame seeds, flaxseeds,cornstarch, salt, and 2 tablespoons sugar in a medium bowl. Using your fingers, work butterinto seed mixture until it comes together.Break up into small clumps and scatter overfruit; sprinkle remaining 1 tablespoon sugar over.
- ☐ Bake crumble until topping is goldenbrown and fruit is bubbling and syrupy,65–75 minutes.
- ☐ DO AHEAD: Unbaked topping can be made 1 day ahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:18.64, Glycemic Load:8.1, Inflammation Score:-5, Nutrition Score:9.1604347287313%

Flavonoids

Cyanidin: 47.1mg, Cyanidin: 47.1mg, Cyanidin: 47.1mg, Cyanidin: 47.1mg Pelargonidin: 0.42mg, Pelargonidin: 0.42mg, Pelargonidin: 0.42mg, Pelargonidin: 0.42mg Peonidin: 2.34mg, Peonidin: 2.34mg, Peonidin: 2.34mg, Peonidin: 2.34mg Catechin: 6.8mg, Catechin: 6.8mg, Catechin: 6.8mg, Catechin: 6.8mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 7.91mg, Epicatechin: 7.91mg, Epicatechin: 7.91mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg

Kaempferol: 0.37mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 243.66kcal (12.18%), Fat: 11.41g (17.55%), Saturated Fat: 4.45g (27.83%), Carbohydrates: 35.39g (11.8%), Net Carbohydrates: 30.58g (11.12%), Sugar: 24.74g (27.49%), Cholesterol: 15.25mg (5.08%), Sodium: 116.05mg (5.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.3%), Manganese: 0.42mg (21.02%), Copper: 0.41mg (20.4%), Fiber: 4.81g (19.23%), Vitamin E: 2.34mg (15.61%), Phosphorus: 141.07mg (14.11%), Vitamin C: 11mg (13.33%), Magnesium: 50.48mg (12.62%), Potassium: 420.19mg (12.01%), Iron: 1.66mg (9.23%), Selenium: 6.35µg (9.07%), Vitamin B6: 0.18mg (9%), Vitamin B1: 0.11mg (7.54%), Calcium: 74.44mg (7.44%), Vitamin B5: 0.73mg (7.27%), Folate: 26.18µg (6.55%), Zinc: 0.89mg (5.94%), Vitamin A: 277.99IU (5.56%), Vitamin B2: 0.09mg (5.25%), Vitamin B3: 0.92mg (4.59%), Vitamin K: 4.21µg (4.01%)