



WHATSheATE



Tomato Corn Crumble

READY IN



50 min.

SERVINGS



6

CALORIES



158 kcal

DESSERT

Ingredients

- ☐ 0.5 cup bread crumbs whole wheat
- ☐ 0.3 cup oats
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 teaspoon oregano dried
- ☐ 2 tablespoons butter light cold
- ☐ 4 cups tomatoes fresh chopped (4 large)
- ☐ 1 cup corn fresh whole
- ☐ 0.5 cup pears cut in half
- ☐ 3 cloves garlic finely chopped

- ☐ 2 tablespoons basil fresh chopped
- ☐ 0.3 cup red wine
- ☐ 2 tablespoons honey

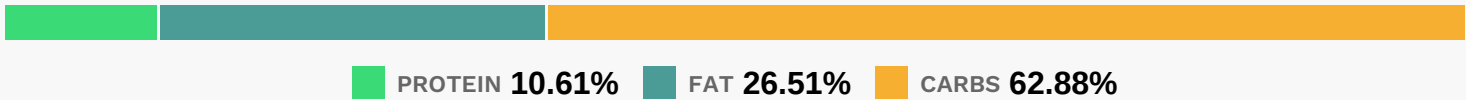
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender

Directions

- ☐ Heat oven to 375°F. Spray shallow 2-quart casserole with cooking spray.
- ☐ In medium bowl, mix bread crumbs, oats, cheese and oregano.
- ☐ Cut in butter, using pastry blender or fork, until mixture is crumbly. Set aside.
- ☐ In large bowl, mix chopped tomatoes, corn, pear tomatoes, garlic and basil. Spoon into casserole. In small bowl, mix wine and honey.
- ☐ Drizzle over vegetable mixture.
- ☐ Sprinkle evenly with topping.
- ☐ Bake uncovered about 30 minutes or until topping is lightly browned and vegetable mixture is bubbly.

Nutrition Facts



Properties

Glycemic Index:47.84, Glycemic Load:5.59, Inflammation Score:-8, Nutrition Score:7.2339130095814%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg

Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 158.16kcal (7.91%), Fat: 4.86g (7.48%), Saturated Fat: 2.38g (14.86%), Carbohydrates: 25.93g (8.64%), Net Carbohydrates: 22.89g (8.32%), Sugar: 10.1g (11.22%), Cholesterol: 8.57mg (2.86%), Sodium: 169.69mg (7.38%), Alcohol: 1.06g (100%), Alcohol %: 0.75% (100%), Protein: 4.37g (8.75%), Vitamin C: 17.04mg (20.66%), Vitamin A: 987.25IU (19.75%), Manganese: 0.33mg (16.4%), Vitamin K: 13.7µg (13.05%), Fiber: 3.05g (12.18%), Potassium: 331.71mg (9.48%), Phosphorus: 83.3mg (8.33%), Iron: 1.44mg (7.97%), Folate: 26µg (6.5%), Calcium: 62.91mg (6.29%), Vitamin B6: 0.12mg (6.05%), Magnesium: 24.01mg (6%), Copper: 0.1mg (5.25%), Vitamin E: 0.73mg (4.86%), Vitamin B3: 0.91mg (4.56%), Vitamin B1: 0.06mg (4.24%), Zinc: 0.63mg (4.19%), Selenium: 2.8µg (4%), Vitamin B2: 0.06mg (3.45%), Vitamin B5: 0.17mg (1.68%), Vitamin B12: 0.06µg (1.04%)