



Tropical Fruit Crumble

 Vegetarian

READY IN



130 min.

SERVINGS



8

CALORIES



414 kcal

DESSERT

Ingredients

- ☐ 2 small bananas ripe
- ☐ 0.5 cup butter unsalted diced cold
- ☐ 0.5 cup tightly demerara plus granulated sugar packed unrefined granulated sugar
- ☐ 1 cup flour all-purpose sifted
- ☐ 0.5 cup less depending on the sweetness of fruit
- ☐ 2 tablespoons .3 oz. of pearl tapioca instant small pearl or minute
- ☐ 0.5 juice of lime juiced
- ☐ 0.3 cup macadamia nuts raw unsalted chopped

- ☐ 2 small mangos ripe peeled
- ☐ 1 papaya ripe peeled seeded
- ☐ 1 pineapple cored ripe peeled
- ☐ 0.3 cup coconut or shredded sweetened

Equipment

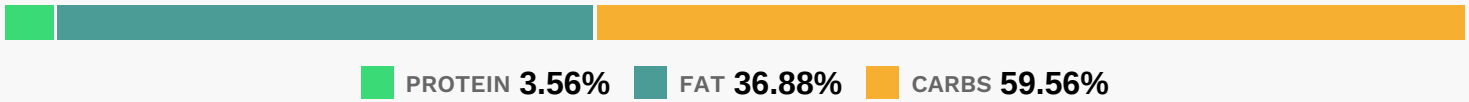
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Select a wide 2 to 2 1/2-quart baking dish or casserole, large enough to hold 8 cups of fruit and 1 to 2 inches of crumble, and set aside.
- ☐ Prepare the topping: in a large bowl combine the sugars and stir with a fork to break up any lumps of demerara. Blend in the flour. With a pastry blender or by rubbing the mixture roughly between your fingers, cut in the butter until the crumble begins to lump together. (The crumble may also be prepared up to this point in a food processor fitted with a steel blade: whirl the sugars together to break them up, then add the flour and whirl just to mix.
- ☐ Add the diced butter and use quick pulses to reduce the mixture to a lumpy crumble.
- ☐ Transfer the crumble to a bowl and proceed with the rest of the recipe by hand.)
- ☐ Add the coconut and the macadamias and work these by hand, kneading the mixture until evenly moist and crumbly, then set aside.
- ☐ Prepare the fruit: cut the pineapple, papaya, and mango flesh into roughly 1-inch chunks and combine in large, non-reactive bowl. Peel and slice the banana, then add to bowl.
- ☐ Sprinkle the fruit with lime juice and toss gently to coat. In a small bowl, combine the sugar and tapioca, then toss with the fruit. Don't forget to taste! If not sweet enough for your liking, add another few tablespoons of sugar. If the sweetness is more that you care for, add another squeeze of lime.

- ☐
- Spoon the fruit into the baking dish.
- ☐
- Sprinkle the crumble mixture evenly over the top. Be generous! I like to have every bit of fruit covered with a good inch or so of sweet crunchy topping. Set the dish in the preheated oven and bake for about 45 minutes, or until the topping is a rich golden brown in spots and the juices from the fruit are visibly bubbling up through the crumble.
- ☐
- Remove from the oven and cool at least 20 minutes before serving. (The crumble may be baked up to 2 days ahead and reheated in a 350 degree F oven for 15 minutes before serving.)
- ☐
- Serve warm or at room temperature, with vanilla ice cream or a dollop of thick yogurt, lightly sweetened with flavorful honey.

Nutrition Facts



Properties

Glycemic Index:48.33, Glycemic Load:26.97, Inflammation Score:-8, Nutrition Score:17.679130576227%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 413.87kcal (20.69%), Fat: 17.75g (27.31%), Saturated Fat: 9.28g (58.03%), Carbohydrates: 64.51g (21.5%), Net Carbohydrates: 59.45g (21.62%), Sugar: 40.41g (44.9%), Cholesterol: 30.5mg (10.17%), Sodium: 18.1mg (0.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.71%), Vitamin C: 99.23mg (120.28%), Manganese: 1.61mg (80.44%), Vitamin A: 1402.92IU (28.06%), Folate: 92.27µg (23.07%), Vitamin B1: 0.31mg (20.94%), Fiber: 5.06g (20.23%), Vitamin B6: 0.33mg (16.58%), Copper: 0.31mg (15.54%), Potassium: 442.45mg (12.64%), Magnesium: 47.57mg (11.89%), Vitamin B3: 2.36mg (11.8%), Vitamin B2: 0.18mg (10.6%), Selenium: 7.2µg (10.28%), Iron: 1.72mg (9.56%), Vitamin E: 1.01mg (6.77%), Vitamin B5: 0.67mg (6.66%), Phosphorus: 62.82mg (6.28%), Vitamin K: 5.82µg (5.55%), Calcium: 43.45mg (4.34%), Zinc: 0.54mg (3.57%), Vitamin D: 0.21µg (1.42%)