



Very Berry Crumble



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



273 kcal

DESSERT

Ingredients

- ☐ 0.8 cup almonds crushed sliced
- ☐ 10 ounce blueberries frozen thawed
- ☐ 2 tablespoons butter softened plus more for greasing ramekins
- ☐ 1 tablespoon cornstarch
- ☐ 1 pinch ground cinnamon
- ☐ 1 pinch nutmeg freshly grated
- ☐ 0.3 cup oats
- ☐ 10 ounce raspberries frozen thawed

☐ 1 tablespoon sugar

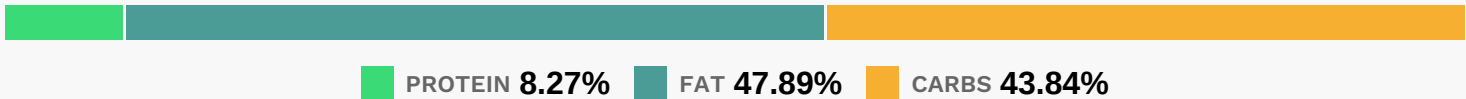
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ ramekin
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 375°F.
- ☐ Grease four 6-ounce ramekins and transfer them to a foil-lined baking sheet and set aside.
- ☐ To make the topping, in a bowl combine the almonds, oats, sugar, and spices.
- ☐ Add the butter, and, with your fingers or a fork, rub the butter into the dry ingredients until large, coarse crumbs form. Set aside while you make the filling.
- ☐ To make the filling, put the berries into a strainer set over a bowl to catch the juices.
- ☐ Add the sugar and cornstarch to the juices and whisk until smooth and the starch dissolves. Gently fold the berries back into their juices, and divide the mixture among the greased ramekins. Top each filled dish with one fourth of the crumble topping and place on the baking sheet.
- ☐ Bake until bubbling hot and the topping is golden, about 20 minutes. Allow the crumbles to cool for at least 10 minutes before serving.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database

Nutrition Facts



Properties

Glycemic Index:84.02, Glycemic Load:9.31, Inflammation Score:-7, Nutrition Score:14.680434732981%

Flavonoids

Cyanidin: 38.86mg, Cyanidin: 38.86mg, Cyanidin: 38.86mg, Cyanidin: 38.86mg Petunidin: 22.57mg, Petunidin: 22.57mg, Petunidin: 22.57mg, Petunidin: 22.57mg Delphinidin: 26.05mg, Delphinidin: 26.05mg, Delphinidin: 26.05mg, Delphinidin: 26.05mg Malvidin: 48mg, Malvidin: 48mg, Malvidin: 48mg, Malvidin: 48mg Pelargonidin: 0.69mg, Pelargonidin: 0.69mg, Pelargonidin: 0.69mg, Pelargonidin: 0.69mg Peonidin: 14.47mg, Peonidin: 14.47mg, Peonidin: 14.47mg, Peonidin: 14.47mg Catechin: 4.9mg, Catechin: 4.9mg, Catechin: 4.9mg, Catechin: 4.9mg Epigallocatechin: 1.24mg, Epigallocatechin: 1.24mg, Epigallocatechin: 1.24mg, Epigallocatechin: 1.24mg Epicatechin: 3.04mg, Epicatechin: 3.04mg, Epicatechin: 3.04mg, Epicatechin: 3.04mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Myricetin: 0.92mg, Myricetin: 0.92mg, Myricetin: 0.92mg, Myricetin: 0.92mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 272.99kcal (13.65%), Fat: 15.55g (23.92%), Saturated Fat: 4.43g (27.67%), Carbohydrates: 32.02g (10.67%), Net Carbohydrates: 22.83g (8.3%), Sugar: 14.11g (15.68%), Cholesterol: 15.05mg (5.02%), Sodium: 47.06mg (2.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.04g (12.08%), Manganese: 1.41mg (70.74%), Vitamin E: 5.65mg (37.65%), Fiber: 9.2g (36.78%), Vitamin C: 25.45mg (30.85%), Magnesium: 85.35mg (21.34%), Vitamin K: 19.93µg (18.98%), Copper: 0.31mg (15.54%), Vitamin B2: 0.26mg (15.52%), Phosphorus: 145.48mg (14.55%), Iron: 1.66mg (9.25%), Potassium: 315.11mg (9%), Vitamin B1: 0.12mg (8.13%), Zinc: 1.18mg (7.86%), Calcium: 74.26mg (7.43%), Folate: 29.29µg (7.32%), Vitamin B3: 1.41mg (7.03%), Vitamin B6: 0.11mg (5.35%), Selenium: 3.37µg (4.81%), Vitamin A: 237.17IU (4.74%), Vitamin B5: 0.46mg (4.58%)