



Wintry vegetable crumbles

READY IN



90 min.

SERVINGS



6

CALORIES



390 kcal

Ingredients

- ☐ 400 ml vegetable stock
- ☐ 450 g celery root diced peeled
- ☐ 3 carrots diced peeled
- ☐ 3 small sweet potatoes diced peeled
- ☐ 2 leeks sliced
- ☐ 200 ml crème fraîche
- ☐ 2 tbsp flour plain
- ☐ 1 tbsp wholegrain mustard
- ☐ 1 tsp thyme leaves
- ☐ 50 g butter diced

- ☐ 50 g flour plain
- ☐ 50 g ground almond
- ☐ 50 g parmesan grated
- ☐ 25 g almonds flaked

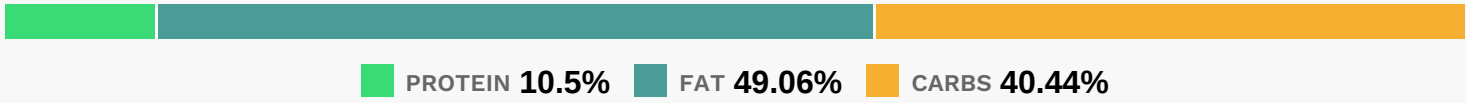
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Pour the stock into a pan and bring to the boil. Tip in the celeriac, carrots and sweet potato, then add the leeks. Cover the pan and cook for 10 mins.
- ☐ Beat the crme frache with the flour and mustard. Stir into the vegetables until thickened, then add the thyme and season.
- ☐ Remove from the heat.
- ☐ For the crumble, rub the butter into the flour and ground almonds. Season, then stir in the Parmesan and flaked almonds. Spoon the filling into small ovenproof dishes and scatter the crumble on top. If freezing, wrap in cling film, then foil. To defrost, thaw overnight in the fridge.
- ☐ To cook, heat oven to 190C/170C fan/gas 5 and bake for 30–35 mins until golden.

Nutrition Facts



Properties

Glycemic Index:88.47, Glycemic Load:17.03, Inflammation Score:-10, Nutrition Score:20.428695690373%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 1.82mg, Apigenin: 1.82mg, Apigenin: 1.82mg, Apigenin: 1.82mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 390.19kcal (19.51%), Fat: 22.01g (33.87%), Saturated Fat: 9.49g (59.31%), Carbohydrates: 40.83g (13.61%), Net Carbohydrates: 34.32g (12.48%), Sugar: 8.8g (9.77%), Cholesterol: 42.7mg (14.23%), Sodium: 627.5mg (27.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.6g (21.2%), Vitamin A: 15435.84IU (308.72%), Vitamin K: 51.17µg (48.73%), Manganese: 0.66mg (32.98%), Fiber: 6.51g (26.04%), Phosphorus: 256.9mg (25.69%), Calcium: 245.16mg (24.52%), Vitamin B6: 0.4mg (20.23%), Potassium: 691.92mg (19.77%), Vitamin B2: 0.3mg (17.62%), Magnesium: 65.34mg (16.33%), Vitamin C: 13.43mg (16.28%), Folate: 62.6µg (15.65%), Vitamin B1: 0.23mg (15.64%), Vitamin E: 2.33mg (15.53%), Iron: 2.76mg (15.36%), Copper: 0.27mg (13.48%), Selenium: 9.09µg (12.99%), Vitamin B5: 1.14mg (11.4%), Vitamin B3: 2.17mg (10.84%), Zinc: 1.12mg (7.46%), Vitamin B12: 0.18µg (3.04%)