



## Almond-Peach Crisp

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



242 kcal

DESSERT

### Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 2 tablespoons almonds sliced
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 cup brown sugar packed
- ☐ 1 teaspoon cinnamon
- ☐ 1 large egg white
- ☐ 2 tablespoons butter reduced-calorie
- ☐ 16 ounce peaches frozen thawed sliced

- ☐ 0.5 cup quick-cooking oats
- ☐ 0.3 cup sugar
- ☐ 0.3 cup unbleached flour
- ☐ 1 teaspoon vanilla extract

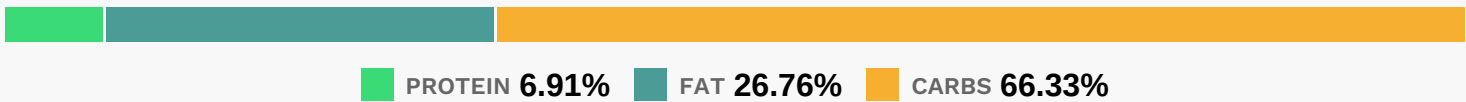
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 35
- ☐ Coat an 8-inch square pan with cooking spray.
- ☐ Add peaches, and sprinkle with 1/4 cup sugar and vanilla; stir gently.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and next 5 ingredients in a bowl; cut in margarine with a pastry blender until mixture is crumbly. Stir in egg white, almond extract, and sliced almonds. Dollop flour mixture over peach mixture. Coat lightly with cooking spray.
- ☐ Bake at 350 for 45 minutes or until lightly golden.

## Nutrition Facts



## Properties

Glycemic Index:69.87, Glycemic Load:16.4, Inflammation Score:-5, Nutrition Score:7.2269565514896%

## Flavonoids

Cyanidin: 1.84mg, Cyanidin: 1.84mg, Cyanidin: 1.84mg, Cyanidin: 1.84mg Catechin: 4.51mg, Catechin: 4.51mg, Catechin: 4.51mg, Catechin: 4.51mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 2.15mg, Epicatechin: 2.15mg, Epicatechin: 2.15mg, Epicatechin: 2.15mg Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 242.19kcal (12.11%), Fat: 7.46g (11.47%), Saturated Fat: 1.21g (7.57%), Carbohydrates: 41.61g (13.87%), Net Carbohydrates: 38.62g (14.04%), Sugar: 28.75g (31.95%), Cholesterol: 0mg (0%), Sodium: 164.08mg (7.13%), Alcohol: 0.34g (100%), Alcohol %: 0.3% (100%), Protein: 4.33g (8.67%), Manganese: 0.63mg (31.27%), Vitamin E: 1.95mg (13.01%), Selenium: 8.83µg (12.62%), Fiber: 2.99g (11.95%), Magnesium: 43.97mg (10.99%), Phosphorus: 102.96mg (10.3%), Vitamin A: 497.4IU (9.95%), Calcium: 81.64mg (8.16%), Copper: 0.16mg (8.14%), Vitamin B2: 0.12mg (7.13%), Iron: 1.1mg (6.11%), Potassium: 206.58mg (5.9%), Vitamin B1: 0.08mg (5.32%), Vitamin B3: 1.03mg (5.17%), Vitamin C: 3.75mg (4.54%), Zinc: 0.66mg (4.41%), Folate: 12.31µg (3.08%), Vitamin K: 3.12µg (2.98%), Vitamin B5: 0.28mg (2.76%), Vitamin B6: 0.04mg (2.24%)