



## Blackberry Peach Betty

READY IN



45 min.

SERVINGS



8

CALORIES



245 kcal

SIDE DISH

### Ingredients

- 21 oz peach pie filling
- 16 ounces blackberries frozen
- 6 small butter (cut into cubes)
- 1 cup graham cracker crumbs
- 0.8 teaspoon ground cinnamon
- 1 cup sugar

### Equipment

- bowl

slow cooker

## Directions

- Spray the slow cooker with the cooking spray and set aside. In a medium sized bowl mix the peaches, blackberries, sugar and cinnamon.
- Pour half of the fruit mix into the bottom of the slow cooker and top with half of the crumbs and butter, repeat with remaining ingredients. Cover and cook on low for 3–4 hours.
- Serve hot over French vanilla ice-cream.

## Nutrition Facts

   **PROTEIN 2.51%**  **FAT 7.33%**  **CARBS 90.16%**

## Properties

Glycemic Index:28.01, Glycemic Load:23.72, Inflammation Score:-4, Nutrition Score:5.4195652173913%

## Flavonoids

Cyanidin: 56.67mg, Cyanidin: 56.67mg, Cyanidin: 56.67mg, Cyanidin: 56.67mg Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 21.01mg, Catechin: 21.01mg, Catechin: 21.01mg, Catechin: 21.01mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

## Taste

Sweetness: 100%, Saltiness: 0.27%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 5.18%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 245.41kcal (12.27%), Fat: 2.09g (3.22%), Saturated Fat: 0.56g (3.49%), Carbohydrates: 57.92g (19.31%), Net Carbohydrates: 53.72g (19.53%), Sugar: 40.41g (44.9%), Cholesterol: 1.61mg (0.54%), Sodium: 109.83mg (4.78%), Protein: 1.61g (3.22%), Manganese: 0.42mg (21.01%), Fiber: 4.21g (16.82%), Vitamin C: 13.18mg (15.97%), Vitamin K: 11.71µg (11.15%), Copper: 0.14mg (7%), Iron: 1.03mg (5.72%), Magnesium: 19.15mg (4.79%), Vitamin E: 0.71mg (4.77%), Folate: 19.04µg (4.76%), Potassium: 145.41mg (4.15%), Vitamin B3: 0.79mg (3.96%), Phosphorus: 39.19mg (3.92%), Zinc: 0.54mg (3.6%), Vitamin A: 158.49IU (3.17%), Vitamin B2: 0.05mg (3.13%), Calcium: 30.02mg (3%), Vitamin B1: 0.04mg (2.95%), Vitamin B6: 0.04mg (1.99%), Vitamin B5: 0.19mg (1.89%)