



Blackberry Peach Crisp

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



215 kcal

DESSERT

Ingredients

- ☐ 2 cups blackberries
- ☐ 1 tablespoon cornstarch
- ☐ 3 cups nectarines sliced (3 medium)
- ☐ 0.8 cup brown sugar packed
- ☐ 0.5 cup flour whole wheat
- ☐ 0.5 cup rolled oats
- ☐ 0.3 cup butter softened
- ☐ 0.8 teaspoon ground cinnamon

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0.5 teaspoon nutmeg

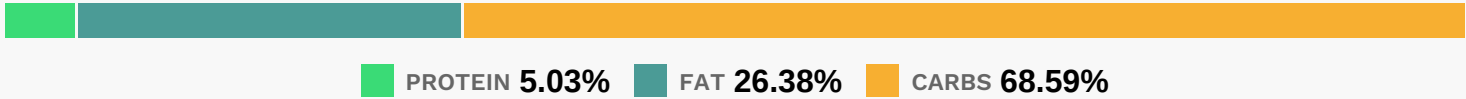
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 375°.
- ☐ Place blackberries in large bowl.
- ☐ Sprinkle with cornstarch; toss until blackberries are coated. Carefully stir in peaches.
- ☐ Place fruit in ungreased square baking dish, 8x8x2 inches.
- ☐ Mix remaining ingredients until crumbly; sprinkle over fruit.
- ☐ Bake about 30 minutes or until topping is golden brown and fruit is tender.

Nutrition Facts



Properties

Glycemic Index:22.88, Glycemic Load:3.35, Inflammation Score:-6, Nutrition Score:7.4913042676838%

Flavonoids

Cyanidin: 37.12mg, Cyanidin: 37.12mg, Cyanidin: 37.12mg, Cyanidin: 37.12mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 14.94mg, Catechin: 14.94mg, Catechin: 14.94mg, Catechin: 14.94mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 3.04mg, Epicatechin: 3.04mg, Epicatechin: 3.04mg, Epicatechin: 3.04mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 215.41kcal (10.77%), Fat: 6.6g (10.16%), Saturated Fat: 1.31g (8.2%), Carbohydrates: 38.63g (12.88%), Net Carbohydrates: 34.47g (12.54%), Sugar: 26.11g (29.02%), Cholesterol: 0mg (0%), Sodium: 80.58mg (3.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.67%), Manganese: 0.8mg (40.03%), Fiber: 4.16g (16.65%), Vitamin C: 9.14mg (11.08%), Vitamin A: 510.17IU (10.2%), Selenium: 6.53µg (9.32%), Copper: 0.17mg (8.3%), Vitamin K: 8.5µg (8.1%), Magnesium: 31.73mg (7.93%), Phosphorus: 72.39mg (7.24%), Vitamin E: 1.05mg (6.98%), Vitamin B3: 1.29mg (6.45%), Potassium: 205.82mg (5.88%), Vitamin B1: 0.09mg (5.84%), Iron: 1.04mg (5.78%), Zinc: 0.7mg (4.64%), Folate: 17.52µg (4.38%), Calcium: 38.07mg (3.81%), Vitamin B6: 0.07mg (3.47%), Vitamin B5: 0.33mg (3.34%), Vitamin B2: 0.05mg (2.76%)