



Cookie Peach Crisp

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



302 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar divided packed
- ☐ 1 cup coarsely Lucy's cookies crushed (Ginger Snap, Cinnamon Thins, Oatmeal, or Sugar)
- ☐ 3.5 tablespoons dairy-free margarine
- ☐ 0.3 cup flour blend gluten-free all-purpose
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2.5 pounds peaches peeled cut into 1/2-inch wedges
- ☐ 1 pinch salt

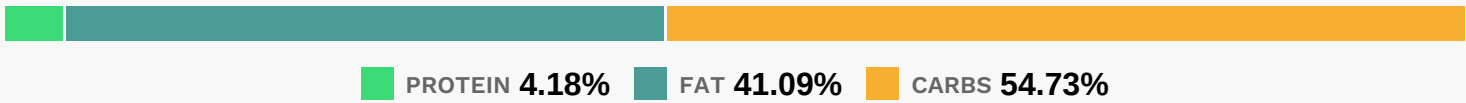
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat your oven to 400°F.In a skillet, melt 1-1/2 tablespoons of the margarine or 1 tablespoon of the coconut oil.
- ☐ Add the peaches and cook over medium-high heat, stirring occasionally, until just softened, about 8 to 10 minutes.
- ☐ Add 1/4 cup of the brown sugar and the lemon juice and cook until the peaches are lightly caramelized, about 5 minutes.
- ☐ Pour the peaches into an 8-inch square baking dish.While the peaches are cooking, stir together the flour, salt, and remaining 2 tablespoons of brown sugar with a fork.
- ☐ Add the remaining 2 tablespoons of margarine or coconut oil, and stir until the mixture resembles coarse meal.
- ☐ Add the crushed cookies, and stir until incorporated.Press the topping into clumps and sprinkle it over the peaches.
- ☐ Bake the crisp for 15 minutes, or until the top is lightly browned and the filling is bubbling.
- ☐ Let cool slightly, then serve as is, or with vanilla dairy-free ice cream!

Nutrition Facts



Properties

Glycemic Index:15.78, Glycemic Load:16.75, Inflammation Score:-5, Nutrition Score:6.3273912823719%

Flavonoids

Cyanidin: 2.72mg, Cyanidin: 2.72mg, Cyanidin: 2.72mg, Cyanidin: 2.72mg Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epigallocatechin: 1.47mg, Epigallocatechin: 1.47mg, Epigallocatechin: 1.47mg, Epigallocatechin: 1.47mg Epicatechin: 3.32mg, Epicatechin: 3.32mg, Epicatechin: 3.32mg, Epicatechin: 3.32mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 302.01kcal (15.1%), Fat: 14.34g (22.06%), Saturated Fat: 7.48g (46.73%), Carbohydrates: 42.96g (14.32%), Net Carbohydrates: 40.05g (14.57%), Sugar: 25.17g (27.97%), Cholesterol: 0mg (0%), Sodium: 129.63mg (5.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.56%), Vitamin E: 1.77mg (11.79%), Fiber: 2.9g (11.62%), Manganese: 0.22mg (10.9%), Vitamin B3: 2.12mg (10.62%), Vitamin A: 487.76IU (9.76%), Vitamin B1: 0.14mg (9.29%), Vitamin C: 7.26mg (8.8%), Iron: 1.55mg (8.63%), Folate: 33.28µg (8.32%), Vitamin B2: 0.14mg (8.08%), Vitamin K: 7.54µg (7.18%), Copper: 0.14mg (7.05%), Selenium: 4.9µg (7%), Potassium: 211.96mg (6.06%), Phosphorus: 51.28mg (5.13%), Magnesium: 16.32mg (4.08%), Vitamin B5: 0.32mg (3.2%), Zinc: 0.48mg (3.17%), Vitamin B6: 0.06mg (3.05%), Calcium: 18.01mg (1.8%)