



## Easy Peach Crisp

 Vegetarian

READY IN



85 min.

SERVINGS



6

CALORIES



278 kcal

DESSERT

### Ingredients

- 1.5 teaspoons cornstarch
- 0.3 cup flour all-purpose
- 0.8 teaspoon ground cinnamon
- 1 tablespoon juice of lemon freshly squeezed
- 0.3 cup brown sugar light packed
- 2 pounds peaches firm pitted ripe halved cut into 1/2-inch-thick slices ( 5 medium peaches)
- 0.8 cup rolled oats instant (not )
- 0.1 teaspoon salt fine

- 6 tablespoons butter unsalted cold cut into small pieces ()
- 0.3 teaspoon vanilla extract

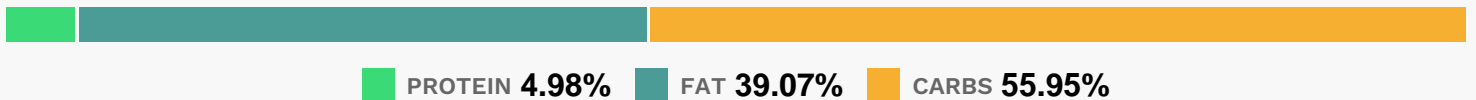
## Equipment

- bowl
- oven
- whisk
- wire rack
- baking pan

## Directions

- Heat the oven to 425°F and arrange a rack in the middle.
- Place the brown sugar, lemon juice, cornstarch, vanilla, and salt in a large bowl and whisk to combine.
- Add the peaches and stir until evenly coated.
- Transfer the mixture to an 8-by-8-inch glass or ceramic baking dish and arrange it in an even layer.
- Sprinkle the reserved topping evenly over the peaches.
- Bake until the topping is browned and crisp, about 20 to 25 minutes.
- Place the dish on a wire rack to cool for at least 30 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:26.71, Glycemic Load:11.41, Inflammation Score:-6, Nutrition Score:7.9717391275841%

## Flavonoids

Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg Catechin: 7.44mg, Catechin: 7.44mg, Catechin: 7.44mg, Catechin: 7.44mg Epigallocatechin: 1.57mg, Epigallocatechin: 1.57mg, Epigallocatechin: 1.57mg, Epigallocatechin: 1.57mg Epicatechin: 3.54mg, Epicatechin: 3.54mg, Epicatechin: 3.54mg, Epicatechin: 3.54mg

Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg,  
Epigallocatechin 3-gallate: 0.45mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg  
Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg,  
Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.33mg, Kaempferol: 0.33mg,  
Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin:  
1.01mg

## **Nutrients (% of daily need)**

Calories: 277.57kcal (13.88%), Fat: 12.5g (19.23%), Saturated Fat: 7.35g (45.91%), Carbohydrates: 40.28g (13.43%),  
Net Carbohydrates: 36.66g (13.33%), Sugar: 24.76g (27.51%), Cholesterol: 30.1mg (10.03%), Sodium: 73.92mg  
(3.21%), Alcohol: 0.06g (100%), Alcohol %: 0.04% (100%), Protein: 3.58g (7.17%), Manganese: 0.56mg (28.03%),  
Vitamin A: 843.65IU (16.87%), Fiber: 3.62g (14.5%), Selenium: 8.77µg (12.53%), Vitamin E: 1.48mg (9.9%), Vitamin B1:  
0.14mg (9.25%), Copper: 0.18mg (8.86%), Vitamin B3: 1.77mg (8.84%), Vitamin C: 7.18mg (8.7%), Phosphorus:  
86.6mg (8.66%), Iron: 1.38mg (7.68%), Magnesium: 29.33mg (7.33%), Potassium: 252.12mg (7.2%), Folate: 26.08µg  
(6.52%), Vitamin B2: 0.1mg (6.02%), Vitamin K: 5.82µg (5.54%), Zinc: 0.79mg (5.25%), Vitamin B5: 0.41mg (4.11%),  
Vitamin B6: 0.06mg (2.9%), Calcium: 28.58mg (2.86%), Vitamin D: 0.21µg (1.4%)