



Easy Peach Crisp

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



276 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 1 cup vanilla yogurt frozen low-fat
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 4 large peaches pitted sliced
- ☐ 0.5 cup cereal low-fat
- ☐ 2 tablespoons butter unsalted

Equipment

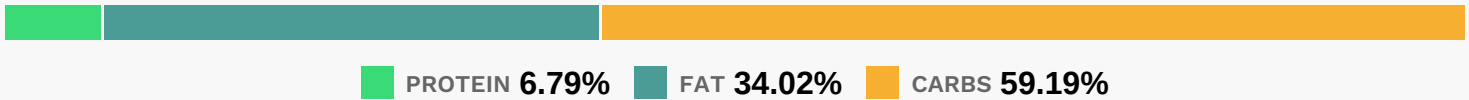
- ☐ bowl

- ☐ frying pan
- ☐ broiler

Directions

- ☐ Preheat broiler to high.
- ☐ Place granola on a jelly-roll pan, spreading evenly. Broil 2 minutes, stirring after 1 minute.
- ☐ Melt butter in a large nonstick skillet over medium heat.
- ☐ Add peaches to pan; cook 3 minutes, stirring occasionally.
- ☐ Add sugar and cinnamon to pan; cook 1 minute or until sugar melts, stirring occasionally.
Spoon about 2/3 cup peach mixture in each of 4 shallow bowls. Top each serving with 2 tablespoons granola and 1/4 cup yogurt.

Nutrition Facts



Properties

Glycemic Index:11.31, Glycemic Load:6.06, Inflammation Score:-6, Nutrition Score:8.9621738532315%

Flavonoids

Cyanidin: 3.36mg, Cyanidin: 3.36mg, Cyanidin: 3.36mg, Cyanidin: 3.36mg Catechin: 8.61mg, Catechin: 8.61mg, Catechin: 8.61mg, Catechin: 8.61mg Epigallocatechin: 1.82mg, Epigallocatechin: 1.82mg, Epigallocatechin: 1.82mg, Epigallocatechin: 1.82mg Epicatechin: 4.09mg, Epicatechin: 4.09mg, Epicatechin: 4.09mg, Epicatechin: 4.09mg Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 275.57kcal (13.78%), Fat: 10.92g (16.8%), Saturated Fat: 5.2g (32.5%), Carbohydrates: 42.73g (14.24%), Net Carbohydrates: 39.18g (14.25%), Sugar: 32.27g (35.85%), Cholesterol: 15.77mg (5.26%), Sodium: 61.58mg (2.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.81%), Manganese: 0.57mg (28.38%), Vitamin A: 822.49IU (16.45%), Fiber: 3.55g (14.2%), Vitamin E: 2.07mg (13.82%), Phosphorus: 131.85mg (13.19%), Selenium: 7.65µg (10.93%), Potassium: 359.37mg (10.27%), Copper: 0.2mg (10%), Vitamin B2: 0.16mg (9.7%), Vitamin C: 7.49mg (9.08%), Magnesium: 33.75mg (8.44%), Vitamin B3: 1.67mg (8.36%), Calcium: 80.76mg (8.08%), Iron: 1.43mg (7.95%), Vitamin B1: 0.1mg (6.87%), Vitamin K: 6.6µg (6.28%), Vitamin B5: 0.6mg (6.03%), Zinc: 0.87mg (5.81%), Vitamin B6: 0.09mg (4.7%), Folate: 18.13µg (4.53%), Vitamin B12: 0.13µg (2.12%)