

Easy Peach Crisp I

 Dairy Free  Popular

READY IN



35 min.

SERVINGS



12

CALORIES



320 kcal

DESSERT

Ingredients

- 1 teaspoon ground cinnamon
- 0.5 cup butter
- 29 ounce peaches with juice sliced canned
- 1 cup sugar white
- 18.3 ounce duncan hines classic decadent cake mix yellow

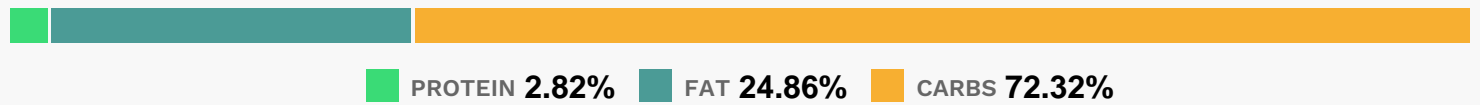
Equipment

- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Pour canned peaches into a 9x13 inch baking pan; make sure juices cover peaches, if not add a small amount of water to just cover fruit.
- Mix peaches with 1/2 cup of the sugar and sprinkle cinnamon to taste into mixture.
- Sprinkle dry cake mix evenly over top of peach mixture. Poke holes into cake mix to allow juice through.
- Cut stick of margarine into small pats, placing randomly over the top.
- Sprinkle with the remaining 1/2 cup of sugar and a light dusting of cinnamon.
- Bake in preheated oven for 25 to 30 minutes, or until the juice mixture is bubbly and the top of the cake mix topping is crusty and golden brown.

Nutrition Facts



Properties

Glycemic Index:9.61, Glycemic Load:14.01, Inflammation Score:-5, Nutrition Score:5.4295652534651%

Flavonoids

Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg Catechin: 3.37mg, Catechin: 3.37mg, Catechin: 3.37mg, Catechin: 3.37mg Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 320.02kcal (16%), Fat: 9.05g (13.93%), Saturated Fat: 2.29g (14.32%), Carbohydrates: 59.27g (19.76%), Net Carbohydrates: 57.64g (20.96%), Sugar: 41.05g (45.61%), Cholesterol: 0mg (0%), Sodium: 412.16mg (17.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.62%), Phosphorus: 151.01mg (15.1%), Vitamin A: 562.16IU (11.24%), Calcium: 98.39mg (9.84%), Folate: 33.53µg (8.38%), Vitamin E: 1.19mg (7.96%), Vitamin B1: 0.12mg (7.8%), Vitamin B3: 1.55mg (7.77%), Manganese: 0.15mg (7.7%), Vitamin B2: 0.13mg (7.5%), Fiber: 1.63g (6.53%), Iron: 1.15mg (6.4%), Copper: 0.09mg (4.31%), Selenium: 2.84µg (4.05%), Vitamin C: 2.83mg (3.44%), Vitamin K: 3.36µg (3.2%), Potassium: 108.87mg (3.11%), Vitamin B5: 0.27mg (2.7%), Vitamin B6: 0.05mg (2.57%), Magnesium: 10.18mg

(2.54%), Zinc: 0.28mg (1.86%)