



Cinnamon Peach Crisp

 Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



192 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 2 tablespoons brown sugar
- 2 tablespoons butter melted
- 1 eggs lightly beaten
- 1 cup flour all-purpose
- 0.1 teaspoon ground cinnamon
- 0.5 cup orange juice
- 4 cups peaches fresh peeled sliced

1.5 teaspoons sugar

Equipment

bowl

oven

baking pan

Directions

In a bowl, combine the peaches, orange juice, brown sugar and cinnamon.

Transfer to an 8-in. square baking dish coated with cooking spray.

Combine the flour, sugar and baking powder.

Add egg and butter; mix until crumbly.

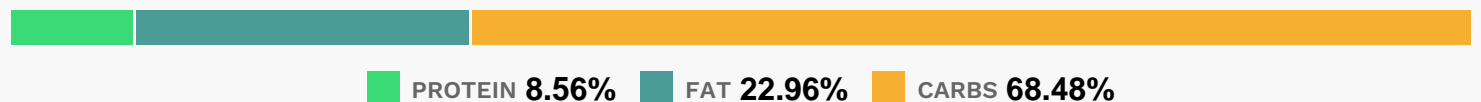
Sprinkle over peaches.

Combine sugar and cinnamon; sprinkle over crumb mixture.

Bake at 350° for 40–45 minutes or until filling is bubbly and topping is golden brown.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:64.06, Glycemic Load:17.02, Inflammation Score:-5, Nutrition Score:7.5756521017655%

Flavonoids

Cyanidin: 1.97mg, Cyanidin: 1.97mg, Cyanidin: 1.97mg, Cyanidin: 1.97mg Catechin: 5.05mg, Catechin: 5.05mg, Catechin: 5.05mg, Catechin: 5.05mg Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 191.71kcal (9.59%), Fat: 5.01g (7.71%), Saturated Fat: 2.69g (16.78%), Carbohydrates: 33.61g (11.2%), Net Carbohydrates: 31.44g (11.43%), Sugar: 15.31g (17.02%), Cholesterol: 37.31mg (12.44%), Sodium: 126.19mg (5.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.2g (8.4%), Vitamin C: 14.54mg (17.63%), Selenium: 11.59µg (16.56%), Vitamin B1: 0.21mg (14%), Folate: 54.11µg (13.53%), Manganese: 0.22mg (10.98%), Vitamin B3: 2.15mg (10.76%), Vitamin A: 532.37IU (10.65%), Vitamin B2: 0.18mg (10.37%), Iron: 1.59mg (8.85%), Fiber: 2.17g (8.67%), Phosphorus: 79.03mg (7.9%), Vitamin E: 0.96mg (6.38%), Copper: 0.13mg (6.33%), Potassium: 205.77mg (5.88%), Calcium: 57.65mg (5.77%), Magnesium: 16.61mg (4.15%), Vitamin B5: 0.41mg (4.11%), Vitamin K: 3.52µg (3.36%), Zinc: 0.49mg (3.29%), Vitamin B6: 0.06mg (2.87%), Vitamin B12: 0.07µg (1.22%)