



Fruit Crisp

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



390 kcal

DESSERT

Ingredients

- ☐ 42 oz peach pie filling canned
- ☐ 0.5 cup cranberries dried
- ☐ 0.5 cup flour all-purpose
- ☐ 0.8 cup brown sugar packed
- ☐ 0.5 cup oats
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup butter softened
- ☐ 0.3 cup pecans chopped

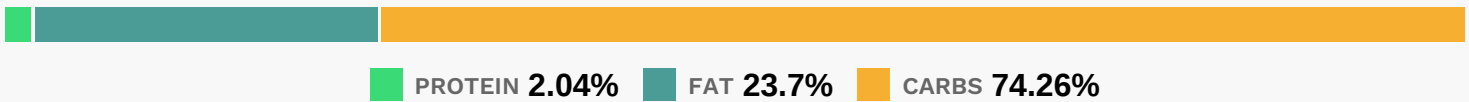
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 375°F. Grease or spray 9-inch square (2-quart) glass baking dish. Spoon pie filling into baking dish. Stir in cranberries.
- ☐ Add flour, brown sugar, old-fashioned oats and ground cinnamon into bowl.
- ☐ Cut in butter with fork until well mixed. Stir in pecans.
- ☐ Sprinkle over pie filling.
- ☐ Bake about 30 minutes or until topping is browned.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:5.5, Inflammation Score:-4, Nutrition Score:5.3395652006502%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 390.35kcal (19.52%), Fat: 10.71g (16.47%), Saturated Fat: 1.87g (11.66%), Carbohydrates: 75.5g (25.17%), Net Carbohydrates: 72.43g (26.34%), Sugar: 46.26g (51.4%), Cholesterol: 0mg (0%), Sodium: 165.78mg (7.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.14%), Manganese: 0.51mg (25.38%), Fiber: 3.07g

(12.29%), Vitamin B1: 0.13mg (8.46%), Copper: 0.17mg (8.46%), Vitamin A: 376.69IU (7.53%), Iron: 1.29mg (7.18%), Selenium: 4.99µg (7.13%), Phosphorus: 52.83mg (5.28%), Magnesium: 18.4mg (4.6%), Vitamin B2: 0.07mg (4.29%), Folate: 16.98µg (4.25%), Potassium: 143.84mg (4.11%), Vitamin E: 0.59mg (3.94%), Calcium: 35.29mg (3.53%), Vitamin B3: 0.68mg (3.4%), Vitamin C: 2.61mg (3.17%), Zinc: 0.47mg (3.14%), Vitamin B6: 0.05mg (2.6%), Vitamin B5: 0.24mg (2.35%), Vitamin K: 1.64µg (1.56%)