



Gingered Peach Crisp

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



504 kcal

DESSERT

Ingredients

- ☐ 0.3 cup firmly brown sugar packed
- ☐ 24 gingersnaps crushed
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoons butter
- ☐ 30 ounce peach in syrup light drained canned
- ☐ 4 servings whipped cream frozen

Equipment

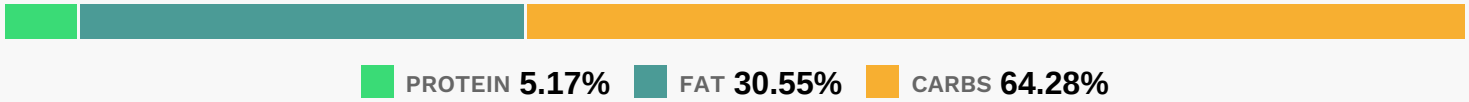
- ☐ oven

- ☐ blender
- ☐ baking pan

Directions

- ☐ Combine first 3 ingredients.
- ☐ Cut in butter with a pastry blender until mixture is crumbly.
- ☐ Arrange peach slices in a lightly greased 8-inch square baking dish; sprinkle with gingersnap mixture.
- ☐ Bake at 375 for 20 minutes or until thoroughly heated.
- ☐ Serve warm over vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:26.56, Glycemic Load:16.59, Inflammation Score:-8, Nutrition Score:13.779565121817%

Flavonoids

Cyanidin: 4.08mg, Cyanidin: 4.08mg, Cyanidin: 4.08mg, Cyanidin: 4.08mg Catechin: 10.46mg, Catechin: 10.46mg, Catechin: 10.46mg, Catechin: 10.46mg Epigallocatechin: 2.21mg, Epigallocatechin: 2.21mg, Epigallocatechin: 2.21mg, Epigallocatechin: 2.21mg Epicatechin: 4.98mg, Epicatechin: 4.98mg, Epicatechin: 4.98mg, Epicatechin: 4.98mg Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 504.46kcal (25.22%), Fat: 17.59g (27.06%), Saturated Fat: 6.72g (42.01%), Carbohydrates: 83.3g (27.77%), Net Carbohydrates: 78.46g (28.53%), Sugar: 53.54g (59.49%), Cholesterol: 29.04mg (9.68%), Sodium: 383.45mg (16.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.7g (13.39%), Manganese: 0.88mg (44.21%), Vitamin A: 1223.71IU (24.47%), Vitamin B2: 0.35mg (20.6%), Iron: 3.61mg (20.05%), Fiber: 4.84g (19.36%), Potassium: 559.44mg (15.98%), Vitamin E: 2.39mg (15.91%), Vitamin B3: 3.17mg (15.87%), Copper: 0.32mg (15.86%), Phosphorus: 153.42mg (15.34%), Calcium: 143.85mg (14.38%), Folate: 52.83µg (13.21%), Magnesium: 48.58mg (12.14%), Selenium: 7.98µg (11.39%), Vitamin C: 9.15mg (11.09%), Vitamin B1: 0.16mg (10.86%), Vitamin B5: 0.89mg (8.94%), Zinc: 1.19mg (7.92%), Vitamin K: 7.78µg (7.41%), Vitamin B6: 0.13mg (6.65%), Vitamin B12: 0.26µg (4.41%)