



Individual Peach Crisps

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



279 kcal

DESSERT

Ingredients

- 0.3 cup almonds sliced
- 0.3 cup brown sugar packed
- 2 large egg whites
- 3 cups vanilla yogurt frozen low-fat
- 0.5 cup regular oats
- 6 peaches pitted peeled halved
- 1 Dash salt
- 1 teaspoon vanilla extract

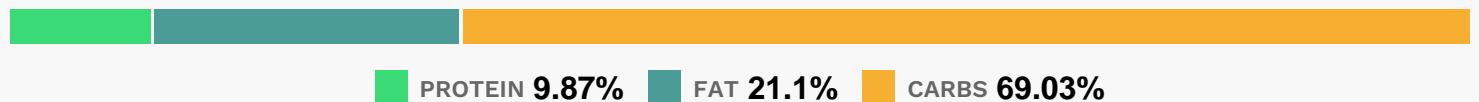
Equipment

- bowl
- baking sheet
- oven
- whisk

Directions

- Preheat oven to 40
- Combine first 4 ingredients in a medium bowl.
- Combine vanilla and egg whites in a small bowl; stir with a whisk until foamy.
- Add egg mixture to oat mixture, stirring until well blended.
- Spoon about 1 tablespoon oat mixture into each peach half. Arrange peach halves on a baking sheet.
- Bake at 400 13 minutes or until oat mixture is set.
- Serve with frozen yogurt.

Nutrition Facts



Properties

Glycemic Index:15.04, Glycemic Load:6.78, Inflammation Score:-6, Nutrition Score:9.7726087453573%

Flavonoids

Cyanidin: 2.97mg, Cyanidin: 2.97mg, Cyanidin: 2.97mg, Cyanidin: 2.97mg Catechin: 7.43mg, Catechin: 7.43mg, Catechin: 7.43mg, Catechin: 7.43mg Epigallocatechin: 1.66mg, Epigallocatechin: 1.66mg, Epigallocatechin: 1.66mg Epigallocatechin: 1.66mg Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 279.37kcal (13.97%), Fat: 6.81g (10.48%), Saturated Fat: 2.71g (16.95%), Carbohydrates: 50.13g (16.71%),
Net Carbohydrates: 46.72g (16.99%), Sugar: 42.12g (46.8%), Cholesterol: 1.44mg (0.48%), Sodium: 110.79mg
(4.82%), Alcohol: 0.23g (100%), Alcohol %: 0.11% (100%), Protein: 7.16g (14.33%), Manganese: 0.44mg (22.18%),
Vitamin B2: 0.31mg (18.29%), Phosphorus: 174.2mg (17.42%), Vitamin E: 2.18mg (14.56%), Selenium: 9.98µg (14.26%),
Fiber: 3.41g (13.65%), Calcium: 133.78mg (13.38%), Vitamin A: 641.68IU (12.83%), Potassium: 422.65mg (12.08%),
Magnesium: 44.14mg (11.04%), Copper: 0.22mg (11.02%), Vitamin B3: 1.66mg (8.29%), Vitamin B5: 0.82mg (8.25%),
Vitamin C: 6.73mg (8.15%), Iron: 1.25mg (6.95%), Vitamin B1: 0.1mg (6.81%), Zinc: 1.02mg (6.8%), Vitamin B6: 0.11mg
(5.64%), Vitamin K: 4.85µg (4.62%), Folate: 17.73µg (4.43%), Vitamin B12: 0.22µg (3.64%)