



Individual Toffee, Pecan, and Peach Crisps

READY IN



45 min.

SERVINGS



6

CALORIES



529 kcal

DESSERT

Ingredients

- ☐ 0.8 cup all purpose flour
- ☐ 0.3 cup brown sugar packed ()
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2.5 pounds peaches frozen thawed sliced
- ☐ 0.5 cup pecans coarsely chopped
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons sugar
- ☐ 0.8 cup toffee bits english (such as Skor)
- ☐ 6 tablespoons butter unsalted chilled cut into pieces ()

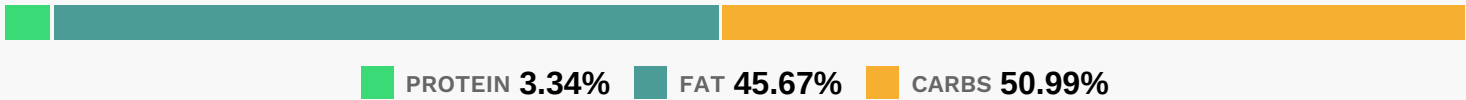
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ ramekin

Directions

- ☐ Preheat oven to 350°F.
- ☐ Place six 1 1/4-cup ramekins or custard cups on large baking sheet.
- ☐ Mix peaches, sugar, and lime juice in large bowl to blend. Divide filling among ramekins.
- ☐ Whisk flour, brown sugar, and salt in large bowl to blend. Using fingertips, rub in butter until mixture holds together in clumps. Stir in toffee and pecans; sprinkle over filling.
- ☐ Bake crisps until filling bubbles and topping is golden brown, about 40 minutes. Cool 10 minutes.
- ☐ Serve warm with ice cream, if desired.

Nutrition Facts



Properties

Glycemic Index:41.06, Glycemic Load:29.15, Inflammation Score:-7, Nutrition Score:10.418695576813%

Flavonoids

Cyanidin: 4.51mg, Cyanidin: 4.51mg, Cyanidin: 4.51mg, Cyanidin: 4.51mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 9.9mg, Catechin: 9.9mg, Catechin: 9.9mg, Catechin: 9.9mg Epigallocatechin: 2.43mg, Epigallocatechin: 2.43mg, Epigallocatechin: 2.43mg, Epigallocatechin: 2.43mg Epicatechin: 4.49mg, Epicatechin: 4.49mg, Epicatechin: 4.49mg, Epicatechin: 4.49mg Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

0.01mg, Naringenin: 0.01mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg
Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 529.42kcal (26.47%), Fat: 27.67g (42.56%), Saturated Fat: 13.84g (86.52%), Carbohydrates: 69.48g (23.16%), Net Carbohydrates: 65.42g (23.79%), Sugar: 52.89g (58.77%), Cholesterol: 60.86mg (20.29%), Sodium: 166.77mg (7.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.1%), Manganese: 0.6mg (30.15%), Vitamin A: 1312.55IU (26.25%), Fiber: 4.06g (16.24%), Vitamin B1: 0.23mg (15.08%), Selenium: 10.14µg (14.49%), Vitamin E: 2.11mg (14.09%), Copper: 0.28mg (13.95%), Vitamin B3: 2.57mg (12.87%), Folate: 43.13µg (10.78%), Vitamin C: 8.65mg (10.48%), Vitamin B2: 0.17mg (10.17%), Phosphorus: 94.97mg (9.5%), Iron: 1.68mg (9.34%), Potassium: 318.88mg (9.11%), Magnesium: 31.31mg (7.83%), Vitamin K: 7.83µg (7.46%), Zinc: 0.97mg (6.48%), Vitamin B5: 0.5mg (5.03%), Vitamin B6: 0.08mg (4.02%), Calcium: 39.71mg (3.97%), Vitamin D: 0.21µg (1.4%)