



## Mixed Fruit Crisp

 Vegetarian

READY IN



60 min.

SERVINGS



10

CALORIES



186 kcal

DESSERT

### Ingredients

- 1 banana sliced
- 0.3 cup brown sugar
- 0.3 cup butter
- 0.5 cup flour all-purpose
- 3 granny smith apples cored peeled sliced
- 0.5 teaspoon ground cinnamon
- 4 peaches fresh pitted peeled sliced
- 0.5 cup raisins

- 0.5 cup rolled oats
- 1 pinch salt
- 0.3 cup water

## Equipment

- bowl
- oven
- blender
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Combine apples, peaches, banana, raisins and water in a 7x11 baking dish.
- In medium bowl, combine oats, brown sugar, flour, cinnamon and salt.
- Cut in butter with two knives or pastry blender until mixture resembles coarse crumbs.
- Sprinkle over fruit.
- Bake in preheated oven 35 to 45 minutes, until topping starts to brown.
- Serve warm.

## Nutrition Facts



**PROTEIN 4.56%** **FAT 24.14%** **CARBS 71.3%**

## Properties

Glycemic Index:35.58, Glycemic Load:12.82, Inflammation Score:-4, Nutrition Score:5.47000001954%

## Flavonoids

Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 4.38mg, Catechin: 4.38mg, Catechin: 4.38mg, Catechin: 4.38mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 5.52mg, Epicatechin: 5.52mg, Epicatechin: 5.52mg, Epicatechin: 5.52mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg

Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg,  
Epigallocatechin 3-gallate: 0.28mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg  
Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 2.59mg,  
Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

## **Nutrients (% of daily need)**

Calories: 185.51kcal (9.28%), Fat: 5.26g (8.1%), Saturated Fat: 3.02g (18.9%), Carbohydrates: 34.97g (11.66%), Net  
Carbohydrates: 31.33g (11.39%), Sugar: 17.55g (19.5%), Cholesterol: 12.2mg (4.07%), Sodium: 53.07mg (2.31%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.48%), Manganese: 0.32mg (15.89%), Fiber: 3.64g  
(14.57%), Vitamin C: 6.39mg (7.75%), Potassium: 264.15mg (7.55%), Vitamin A: 374.75IU (7.49%), Selenium: 4.84µg  
(6.91%), Vitamin B1: 0.1mg (6.9%), Copper: 0.12mg (6.07%), Vitamin B3: 1.12mg (5.58%), Iron: 1mg (5.55%), Vitamin  
B2: 0.09mg (5.51%), Phosphorus: 52.26mg (5.23%), Folate: 20.78µg (5.2%), Vitamin B6: 0.1mg (5.19%), Magnesium:  
20.59mg (5.15%), Vitamin E: 0.7mg (4.69%), Vitamin K: 3.59µg (3.42%), Zinc: 0.39mg (2.61%), Vitamin B5: 0.25mg  
(2.54%), Calcium: 18.45mg (1.85%)