



Navajo Peach-Apple Crisp

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



235 kcal

DESSERT

Ingredients

- ☐ 0.3 cup firmly brown sugar packed
- ☐ 0.5 cup flour all-purpose
- ☐ 1.8 cups apples i use 2 granny smith apples peeled sliced
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 cup honey
- ☐ 3 tablespoons butter chilled cut into small pieces reduced-calorie
- ☐ 1 tablespoon peach brandy
- ☐ 2.3 cups peaches fresh frozen thawed peeled sliced

- ☐ 2 tablespoons pinenuts
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract

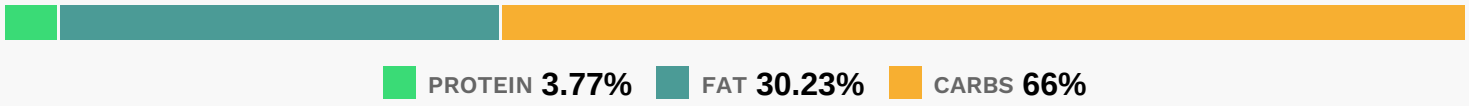
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 37
- ☐ Combine first 6 ingredients in a 2-quart casserole coated with cooking spray, and toss well.
- ☐ Combine the flour, brown sugar, and salt in a small bowl; cut in margarine with a pastry blender or 2 knives until the mixture resembles coarse meal. Stir in pine nuts.
- ☐ Sprinkle flour mixture evenly over peach mixture.
- ☐ Bake at 375 for 30 minutes or until lightly browned and bubbly.

Nutrition Facts



Properties

Glycemic Index:40.8, Glycemic Load:15.31, Inflammation Score:-5, Nutrition Score:5.5508694852824%

Flavonoids

Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 3.54mg, Catechin: 3.54mg, Catechin: 3.54mg, Catechin: 3.54mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 234.77kcal (11.74%), Fat: 8.25g (12.69%), Saturated Fat: 1.37g (8.57%), Carbohydrates: 40.52g (13.51%), Net Carbohydrates: 38.23g (13.9%), Sugar: 29.7g (33%), Cholesterol: 0mg (0%), Sodium: 126.37mg (5.49%), Alcohol: 0.11g (100%), Alcohol %: 0.1% (100%), Protein: 2.31g (4.63%), Manganese: 0.45mg (22.39%), Vitamin A: 474.56IU (9.49%), Fiber: 2.29g (9.15%), Vitamin B1: 0.12mg (7.72%), Selenium: 5.09µg (7.27%), Vitamin E: 1.06mg (7.05%), Vitamin B3: 1.33mg (6.64%), Copper: 0.13mg (6.37%), Folate: 25.48µg (6.37%), Iron: 1.06mg (5.86%), Vitamin B2: 0.1mg (5.66%), Vitamin C: 4.35mg (5.27%), Phosphorus: 50.76mg (5.08%), Potassium: 169.47mg (4.84%), Magnesium: 18.88mg (4.72%), Vitamin K: 4.53µg (4.31%), Zinc: 0.48mg (3.21%), Vitamin B6: 0.05mg (2.31%), Vitamin B5: 0.2mg (2.02%), Calcium: 18.24mg (1.82%)