



Peach Amaretti Crumble

 Popular

READY IN



45 min.

SERVINGS



4

CALORIES



638 kcal

DESSERT

Ingredients

- 0.3 cup almonds sliced ()
- 0.7 cup amaretti cookies crushed ()
- 0.3 cup amaretto
- 0.7 cup brown sugar
- 0.3 cup butter melted ()
- 1 tablespoon cornstarch
- 0.7 cup flour
- 2 pounds peaches ripe sliced (peeled, stoned and)

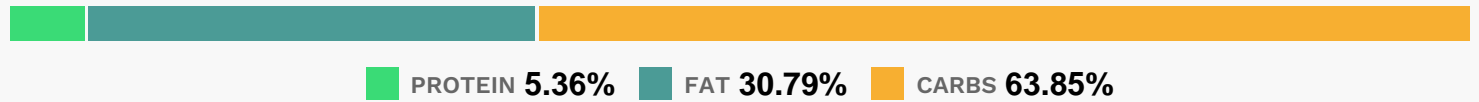
Equipment

- oven
- baking pan

Directions

- Toss the peaches in the amaretto and cornstarch and place them in an 8x8 inch baking dish.
- Mix the flour, amaretti cookies, almonds, brown sugar and butter and pour onto the peaches.
- Bake in a preheated 350F oven until it is bubbling and the top is golden brown, about 30–45 minutes.

Nutrition Facts



Properties

Glycemic Index:43.81, Glycemic Load:19.44, Inflammation Score:-8, Nutrition Score:12.871739037659%

Flavonoids

Cyanidin: 4.57mg, Cyanidin: 4.57mg, Cyanidin: 4.57mg, Cyanidin: 4.57mg Catechin: 11.27mg, Catechin: 11.27mg, Catechin: 11.27mg, Catechin: 11.27mg Epigallocatechin: 2.59mg, Epigallocatechin: 2.59mg, Epigallocatechin: 2.59mg, Epigallocatechin: 2.59mg Epicatechin: 5.36mg, Epicatechin: 5.36mg, Epicatechin: 5.36mg, Epicatechin: 5.36mg Epigallocatechin 3–gallate: 0.68mg, Epigallocatechin 3–gallate: 0.68mg, Epigallocatechin 3–gallate: 0.68mg, Epigallocatechin 3–gallate: 0.68mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 638.35kcal (31.92%), Fat: 21.76g (33.47%), Saturated Fat: 10.29g (64.31%), Carbohydrates: 101.5g (33.83%), Net Carbohydrates: 95.67g (34.79%), Sugar: 75.1g (83.44%), Cholesterol: 40.67mg (13.56%), Sodium: 221.58mg (9.63%), Alcohol: 3.84g (100%), Alcohol %: 1.39% (100%), Caffeine: 3.84mg (1.28%), Protein: 8.52g (17.04%), Vitamin E: 4.39mg (29.3%), Manganese: 0.51mg (25.58%), Vitamin A: 1212.17IU (24.24%), Fiber: 5.83g (23.32%), Selenium: 12.92µg (18.46%), Vitamin B3: 3.45mg (17.26%), Vitamin B2: 0.28mg (16.67%), Copper: 0.32mg (16.15%), Vitamin B1: 0.24mg (15.86%), Iron: 2.61mg (14.52%), Folate: 56.6µg (14.15%), Magnesium: 51.04mg (12.76%), Phosphorus: 122.54mg (12.25%), Potassium: 422.29mg (12.07%), Vitamin C: 9.3mg (11.27%), Vitamin K: 8.19µg (7.8%), Calcium:

71.4mg (7.14%), Zinc: 0.98mg (6.53%), Vitamin B5: 0.55mg (5.49%), Vitamin B6: 0.09mg (4.69%)