



Peach and Blueberry Crisp with Crunchy Topping

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



140 kcal

DESSERT

Ingredients

- 2.8 cups peaches peeled sliced
- 1 cup blueberries fresh thawed drained (and)
- 2 tablespoons brown sugar packed
- 2 tablespoons orange juice
- 1 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg
- 1 cup corn flakes/bran flakes crushed honey nut clusters®

- 0.3 cup pecans chopped
- 0.8 cup cool whip fat-free frozen thawed ()

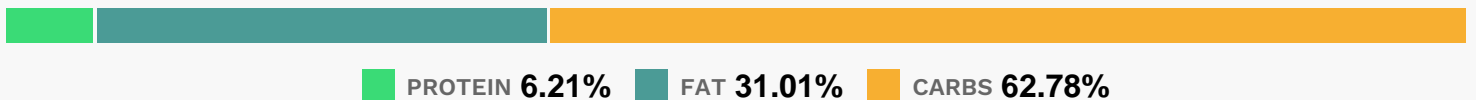
Equipment

- bowl
- oven
- baking pan

Directions

- Heat oven to 375°F. Spray bottom and sides of square baking dish, 8x8x2 inches, or rectangular baking dish, 11x7x1 1/2 inches, with cooking spray.
- Place peaches and blueberries in baking dish.
- Mix brown sugar, orange juice, cinnamon and nutmeg in small bowl; drizzle over fruit.
- Bake 15 minutes.
- Sprinkle with crushed cereal and pecans.
- Bake 10 to 15 minutes longer or until peaches are tender when pierced with a fork.
- Serve warm or cold with whipped topping.

Nutrition Facts



Properties

Glycemic Index:48.25, Glycemic Load:6.98, Inflammation Score:-6, Nutrition Score:9.026086827983%

Flavonoids

Cyanidin: 4.09mg, Cyanidin: 4.09mg, Cyanidin: 4.09mg, Cyanidin: 4.09mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 9.18mg, Delphinidin: 9.18mg, Delphinidin: 9.18mg, Delphinidin: 9.18mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg Catechin: 5.22mg, Catechin: 5.22mg, Catechin: 5.22mg, Catechin: 5.22mg Epigallocatechin: 1.24mg, Epigallocatechin: 1.24mg, Epigallocatechin: 1.24mg, Epigallocatechin: 1.24mg Epicatechin: 1.85mg, Epicatechin: 1.85mg, Epicatechin: 1.85mg, Epicatechin: 1.85mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg

Nutrients (% of daily need)

Calories: 140.4kcal (7.02%), Fat: 5.29g (8.13%), Saturated Fat: 0.71g (4.46%), Carbohydrates: 24.08g (8.03%), Net Carbohydrates: 20.39g (7.41%), Sugar: 15.75g (17.5%), Cholesterol: 1.5mg (0.5%), Sodium: 53.4mg (2.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.77%), Manganese: 0.7mg (35.01%), Fiber: 3.7g (14.78%), Folate: 54.93µg (13.73%), Iron: 2.4mg (13.34%), Vitamin B1: 0.17mg (11.47%), Vitamin B2: 0.19mg (11.36%), Vitamin C: 8.2mg (9.94%), Vitamin B3: 1.92mg (9.61%), Copper: 0.18mg (9.16%), Vitamin A: 442.29IU (8.85%), Vitamin B6: 0.17mg (8.63%), Selenium: 5.58µg (7.98%), Magnesium: 31.81mg (7.95%), Vitamin B12: 0.47µg (7.87%), Phosphorus: 73.08mg (7.31%), Vitamin K: 7.32µg (6.97%), Zinc: 0.85mg (5.67%), Potassium: 193.97mg (5.54%), Vitamin E: 0.81mg (5.4%), Calcium: 29.04mg (2.9%), Vitamin B5: 0.27mg (2.66%), Vitamin D: 0.22µg (1.47%)