



Peach and Plum Crisp

 Vegetarian

READY IN



55 min.

SERVINGS



8

CALORIES



259 kcal

DESSERT

Ingredients

- 0.5 teaspoon cinnamon
- 0.5 cup flour all-purpose
- 0.3 cup honey
- 0.3 cup cooking tapioca instant
- 2 teaspoons juice of lemon
- 0.5 cup rolled oats instant (not)
- 2 lb peaches pitted peeled sliced
- 2 lb plums pitted sliced

- 1 pinch salt
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- 2 tablespoons sugar
- 4 tablespoons butter unsalted cooled melted

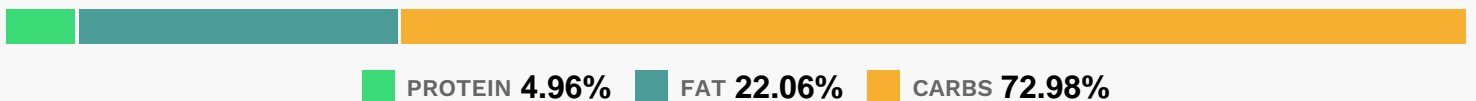
Equipment

- bowl
- baking sheet
- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 425F. Mist a 2-quart baking dish with cooking spray. Line a rimmed baking sheet with foil. In a large bowl, combine peaches, plums, lemon juice, honey, tapioca and salt, mixing well.
- Let stand for 10 minutes, stirring occasionally.
- Combine flour, oats, sugar, cinnamon and salt in a large bowl.
- Add butter and use fingertips or a fork to mix until crumbly. Refrigerate until ready to use.
- Transfer fruit mixture to baking dish.
- Sprinkle topping over fruit.
- Place dish on baking sheet.
- Bake until fruit is softened and topping is golden brown, 40 to 45 minutes. Cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:40.16, Glycemic Load:20.44, Inflammation Score:-7, Nutrition Score:8.3595652172099%

Flavonoids

Cyanidin: 8.56mg, Cyanidin: 8.56mg, Cyanidin: 8.56mg, Cyanidin: 8.56mg Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg Catechin: 8.86mg, Catechin: 8.86mg, Catechin: 8.86mg, Catechin: 8.86mg Epigallocatechin: 1.45mg, Epigallocatechin: 1.45mg, Epigallocatechin: 1.45mg, Epigallocatechin: 1.45mg Epicatechin: 6.28mg, Epicatechin: 6.28mg, Epicatechin: 6.28mg, Epicatechin: 6.28mg Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg Epigallocatechin 3-gallate: 0.79mg, Epigallocatechin 3-gallate: 0.79mg, Epigallocatechin 3-gallate: 0.79mg, Epigallocatechin 3-gallate: 0.79mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 259.45kcal (12.97%), Fat: 6.72g (10.34%), Saturated Fat: 3.71g (23.16%), Carbohydrates: 50.04g (16.68%), Net Carbohydrates: 45.94g (16.7%), Sugar: 32.56g (36.18%), Cholesterol: 15.05mg (5.02%), Sodium: 26.14mg (1.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.8%), Manganese: 0.4mg (19.81%), Vitamin C: 15.96mg (19.35%), Vitamin A: 936.28IU (18.73%), Fiber: 4.1g (16.41%), Vitamin K: 11.31µg (10.77%), Potassium: 352.16mg (10.06%), Vitamin B3: 1.92mg (9.62%), Vitamin B1: 0.14mg (9.62%), Selenium: 6.67µg (9.53%), Copper: 0.19mg (9.5%), Vitamin E: 1.32mg (8.77%), Phosphorus: 74.59mg (7.46%), Folate: 29.07µg (7.27%), Vitamin B2: 0.12mg (6.96%), Iron: 1.22mg (6.75%), Magnesium: 26.22mg (6.56%), Vitamin B5: 0.43mg (4.35%), Zinc: 0.65mg (4.31%), Vitamin B6: 0.07mg (3.66%), Calcium: 18.83mg (1.88%)