



Peach Crisp

READY IN



300 min.

SERVINGS



6

CALORIES



483 kcal

DESSERT

Ingredients

- 0.5 teaspoon cinnamon
- 0.5 cup flour all-purpose
- 0.5 cup fruit dried
- 0.5 teaspoon nutmeg freshly grated
- 0.3 cup orange juice fresh
- 3 pounds peaches peeled sliced for mountain jam, (see cooks' note)
- 0.1 teaspoon salt
- 1 cup sugar
- 0.3 cup butter unsalted softened

6 servings whipped cream

Equipment

bowl

oven

blender

baking pan

Directions

Preheat oven to 375°F.

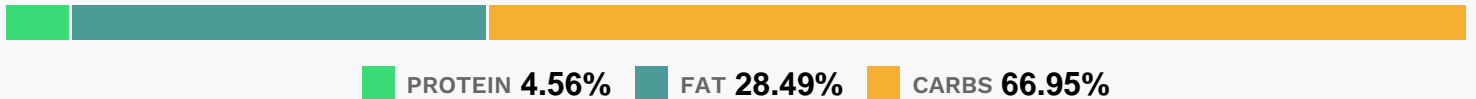
Stir together sugar, flour, granola, spices, and salt in a bowl, then work in butter with a pastry blender or your fingertips until mixture forms small clumps.

Spread peaches in a lightly buttered 13- by 9-inch (2 1/2- to 3-quart) baking dish. Toss peaches with juice and top with crumb mixture.

Bake in middle of oven until topping is golden and peaches are tender, 35 to 40 minutes. Cool slightly and serve warm.

·To peel fresh peaches, cut and X in the end opposite the stem and immerse in boiling water 10 seconds.

Nutrition Facts



Properties

Glycemic Index:62.22, Glycemic Load:46.67, Inflammation Score:-8, Nutrition Score:11.164347778196%

Flavonoids

Cyanidin: 4.35mg, Cyanidin: 4.35mg, Cyanidin: 4.35mg, Cyanidin: 4.35mg Catechin: 11.16mg, Catechin: 11.16mg, Catechin: 11.16mg, Catechin: 11.16mg Epigallocatechin: 2.36mg, Epigallocatechin: 2.36mg, Epigallocatechin: 2.36mg, Epigallocatechin: 2.36mg Epicatechin: 5.31mg, Epicatechin: 5.31mg, Epicatechin: 5.31mg, Epicatechin: 5.31mg 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 Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg

0.5mg, Kaempferol: 0.5mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 483.13kcal (24.16%), Fat: 15.86g (24.39%), Saturated Fat: 9.45g (59.05%), Carbohydrates: 83.82g (27.94%), Net Carbohydrates: 79.22g (28.81%), Sugar: 69.46g (77.18%), Cholesterol: 49.38mg (16.46%), Sodium: 133.45mg (5.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.71g (11.42%), Vitamin A: 1334.55IU (26.69%), Vitamin C: 15.31mg (18.55%), Fiber: 4.61g (18.42%), Vitamin B2: 0.3mg (17.51%), Selenium: 9.79µg (13.99%), Vitamin E: 2.09mg (13.92%), Phosphorus: 137.3mg (13.73%), Vitamin B3: 2.65mg (13.23%), Potassium: 461.67mg (13.19%), Manganese: 0.26mg (12.86%), Vitamin B1: 0.18mg (11.73%), Copper: 0.23mg (11.63%), Calcium: 101.85mg (10.18%), Folate: 39.89µg (9.97%), Vitamin K: 8.67µg (8.25%), Vitamin B5: 0.81mg (8.15%), Magnesium: 32.39mg (8.1%), Iron: 1.43mg (7.96%), Zinc: 1.09mg (7.28%), Vitamin B6: 0.1mg (5.05%), Vitamin B12: 0.27µg (4.56%), Vitamin D: 0.27µg (1.83%)