



Peach Crisp

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



630 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almonds sliced
- ☐ 0.3 cup tightly brown sugar packed
- ☐ 0.5 cup brown sugar
- ☐ 1.3 cups flour all-purpose
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.5 cup golden raisins
- ☐ 1 pinch kosher salt
- ☐ 1 lemon zest juiced

- ☐ 5 large peaches pitted ripe cut into chunks
- ☐ 0.5 cup rolled oats
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 1.3 stick butter unsalted cold cut into pea sized pieces
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 tablespoons water cold

Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ ramekin

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Toss the peaches in a large bowl with the zest and lemon juice.
- ☐ Add the rest of the ingredients and stir to combine. Divide the filling evenly between the ramekins.
- ☐ Combine all of the ingredients in a food processor except the water. Pulse until combined, this will take about 30 seconds.
- ☐ Add water, 1 tablespoon at a time until mixture is clumpy but crumbly.
- ☐ Top each ramekin with the topping. Be sure to loosely sprinkle the topping and not pack it down. The idea is to look very crumbly and craggy.
- ☐ Place the ramekins on a sheet tray and bake in the preheated oven for 20 to 25 minutes, or until the filling is hot and bubbly and the topping, brown and crispy.

Nutrition Facts



 PROTEIN **4.65%**  FAT **33.36%**  CARBS **61.99%**

Properties

Glycemic Index:72.85, Glycemic Load:42.72, Inflammation Score:-7, Nutrition Score:13.970869600773%

Flavonoids

Cyanidin: 2.99mg, Cyanidin: 2.99mg, Cyanidin: 2.99mg, Cyanidin: 2.99mg Catechin: 7.27mg, Catechin: 7.27mg, Catechin: 7.27mg, Catechin: 7.27mg Epigallocatechin: 1.72mg, Epigallocatechin: 1.72mg, Epigallocatechin: 1.72mg, Epigallocatechin: 1.72mg Epicatechin: 3.46mg, Epicatechin: 3.46mg, Epicatechin: 3.46mg, Epicatechin: 3.46mg Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 630.47kcal (31.52%), Fat: 24.17g (37.19%), Saturated Fat: 12.55g (78.45%), Carbohydrates: 101.08g (33.69%), Net Carbohydrates: 95.86g (34.86%), Sugar: 67.27g (74.74%), Cholesterol: 50.61mg (16.87%), Sodium: 38.66mg (1.68%), Alcohol: 0.11g (100%), Alcohol %: 0.05% (100%), Protein: 7.58g (15.16%), Manganese: 0.77mg (38.5%), Vitamin E: 3.64mg (24.24%), Selenium: 16.21µg (23.16%), Vitamin A: 1064.3IU (21.29%), Vitamin B1: 0.32mg (21.23%), Fiber: 5.22g (20.89%), Vitamin B2: 0.33mg (19.2%), Folate: 70.28µg (17.57%), Vitamin B3: 3.47mg (17.36%), Copper: 0.33mg (16.28%), Iron: 2.88mg (16.03%), Phosphorus: 149.62mg (14.96%), Magnesium: 55.64mg (13.91%), Potassium: 425.32mg (12.15%), Vitamin C: 7.66mg (9.28%), Zinc: 1.1mg (7.35%), Calcium: 70.98mg (7.1%), Vitamin K: 6.67µg (6.35%), Vitamin B6: 0.12mg (5.98%), Vitamin B5: 0.55mg (5.48%), Vitamin D: 0.35µg (2.35%)