

GLUTEN FREE

Peach Crisp

16 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$0.69	184 kcal

Peach Crisp takes roughly 45 minutes from beginning to end. This recipe serves 4. For 69 cents per serving, this recipe covers 6% of your daily requirements of vitamins and minerals. One serving contains 184 calories, 3g of protein, and 7g of fat. This recipe from My Recipes has 1 fans.

Ingredients

- ☐ 2 tablespoons chilled butter, cut into small pieces
- ☐ 1/4 teaspoon ground nutmeg
- ☐ 3/4 cup regular oats
- ☐ 3 tablespoons all-fruit peach spread (such as Simply Fruit)
- ☐ 1/2 teaspoon ground cinnamon
- ☐ 1 tablespoon fresh lemon juice
- ☐ 2 cups peach slices (about 2 medium)

EQUIPMENT Oven, Baking pan

Method

- 1

Preheat oven to 47
- 2

Combine peaches, 1 tablespoon sweetener, and next 4 ingredients.
- 3

Place in a 2-quart baking dish coated with cooking spray.
- 4

Combine 1 tablespoon sweetener, oats, and butter; stir until crumbly.
- 5

Sprinkle over peach mixture.

- 6 Bake, uncovered, at 475 for 15 minutes or until golden.
- 7 Serve warm. Top with ice cream or whipped topping, if desired (ice cream or topping not included in analysis).
- 8 carbo rating: 22

Nutrition per serving

184

KCAL

3 g

PROTEIN

7 g

FAT

29 g

CARBS

Saturated Fat	3.8 g · 24% of daily needs
Fibre	3 g · 12% of daily needs
Sugar	14 g · 16% of daily needs
Sodium	60.8 mg · 3% of daily needs
Cholesterol	15.1 mg · 5% of daily needs
Vitamin C	5.9 mg · 7% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/peach-crisp-142948