



Peach Crisp

READY IN



40 min.

SERVINGS



6

CALORIES



549 kcal

DESSERT

Ingredients

- ☐ 17.5 oz basic cookie mix
- ☐ 0.5 cup butter cold
- ☐ 5 cups peaches frozen thawed drained sliced

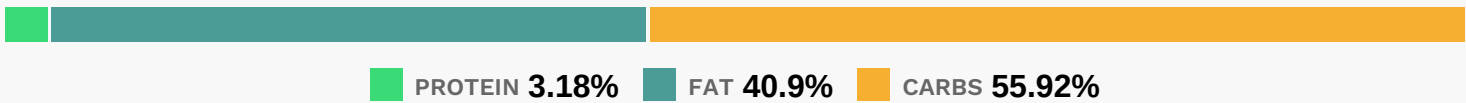
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Heat oven to 375°F. In large bowl, place cookie mix.
- ☐ Cut in butter, using pastry blender or fork, until mixture looks like coarse crumbs.
- ☐ In ungreased 8-inch square baking dish or 2-quart round casserole, place peaches.
- ☐ Sprinkle cookie mixture over peaches.
- ☐ Bake 25 to 30 minutes or until topping is golden brown.
- ☐ Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:15.04, Glycemic Load:4.45, Inflammation Score:-5, Nutrition Score:4.6591304462889%

Flavonoids

Cyanidin: 2.46mg, Cyanidin: 2.46mg, Cyanidin: 2.46mg, Cyanidin: 2.46mg Catechin: 6.31mg, Catechin: 6.31mg, Catechin: 6.31mg, Catechin: 6.31mg Epigallocatechin: 1.33mg, Epigallocatechin: 1.33mg, Epigallocatechin: 1.33mg, Epigallocatechin: 1.33mg Epicatechin: 3mg, Epicatechin: 3mg, Epicatechin: 3mg, Epicatechin: 3mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 549.22kcal (27.46%), Fat: 24.68g (37.96%), Saturated Fat: 10.98g (68.62%), Carbohydrates: 75.89g (25.3%), Net Carbohydrates: 71.86g (26.13%), Sugar: 49.72g (55.25%), Cholesterol: 40.67mg (13.56%), Sodium: 225.14mg (9.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.64%), Vitamin A: 891.09IU (17.82%), Fiber: 4.03g (16.1%), Vitamin E: 1.38mg (9.17%), Vitamin B3: 1.36mg (6.81%), Vitamin C: 5.26mg (6.38%), Potassium: 198.32mg (5.67%), Copper: 0.1mg (5.01%), Vitamin K: 5.17µg (4.93%), Selenium: 2.88µg (4.12%), Iron: 0.74mg (4.1%), Vitamin B2: 0.07mg (4.08%), Manganese: 0.08mg (3.91%), Vitamin B1: 0.05mg (3.66%), Phosphorus: 32.77mg (3.28%), Magnesium: 10.65mg (2.66%), Vitamin B5: 0.22mg (2.17%), Zinc: 0.31mg (2.08%), Folate: 8.27µg (2.07%), Vitamin B6: 0.03mg (1.63%)