



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 granola without 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 accompaniment:vanilla-bean ice cream

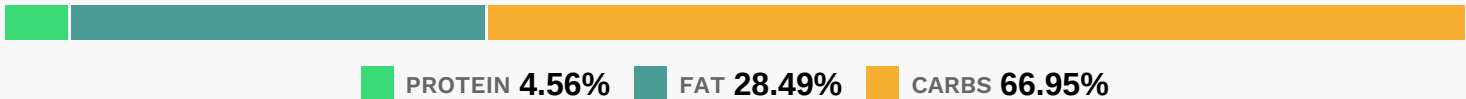
Equipment

- ☐ 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: Og (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%)