

Peach Crisp



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



184 kcal

Ingredients

- ☐ 2 tablespoons butter chilled cut into small pieces
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.8 cup regular oats
- ☐ 2 cups peaches (2 medium)
- ☐ 3 tablespoons all-fruit peach spread (such as Simply Fruit)

Equipment

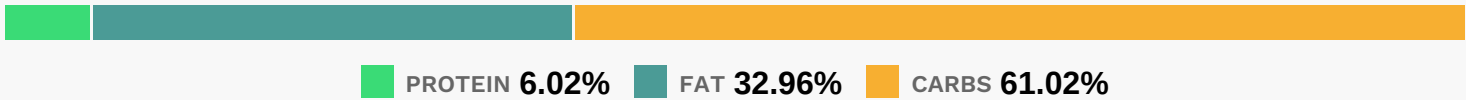
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 47
- ☐ Combine peaches, 1 tablespoon sweetener, and next 4 ingredients.
- ☐ Place in a 2-quart baking dish coated with cooking spray.
- ☐ Combine 1 tablespoon sweetener, oats, and butter; stir until crumbly.
- ☐ Sprinkle over peach mixture.
- ☐ Bake, uncovered, at 475 for 15 minutes or until golden.
- ☐ Serve warm. Top with ice cream or whipped topping, if desired (ice cream or topping not included in analysis).
- ☐ carbo rating: 22

Nutrition Facts



Properties

Glycemic Index:65.06, Glycemic Load:11.79, Inflammation Score:-4, Nutrition Score:6.0847826658384%

Flavonoids

Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 183.95kcal (9.2%), Fat: 6.94g (10.68%), Saturated Fat: 3.82g (23.86%), Carbohydrates: 28.93g (9.64%), Net Carbohydrates: 25.9g (9.42%), Sugar: 14.03g (15.58%), Cholesterol: 15.05mg (5.02%), Sodium: 60.81mg (2.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.71%), Manganese: 0.65mg (32.63%), Fiber: 3.03g (12.1%), Selenium: 6.39µg (9.13%), Vitamin A: 427.04IU (8.54%), Phosphorus: 84.53mg (8.45%), Vitamin C:

5.94mg (7.2%), Magnesium: 28.48mg (7.12%), Copper: 0.14mg (6.86%), Vitamin B1: 0.09mg (6.17%), Iron: 1.01mg (5.61%), Vitamin E: 0.82mg (5.45%), Zinc: 0.75mg (5.03%), Potassium: 167.58mg (4.79%), Vitamin B3: 0.81mg (4.04%), Vitamin B2: 0.06mg (3.64%), Folate: 12.2µg (3.05%), Vitamin B5: 0.3mg (3.05%), Vitamin K: 3.18µg (3.03%), Vitamin B6: 0.04mg (2%), Calcium: 18.63mg (1.86%)