

# Peach Crisp II

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



309 kcal

DESSERT

## Ingredients

- 0.5 cup brown sugar packed
- 0.3 cup butter
- 1 tablespoon flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg
- 0.5 cup honey
- 5 cups peaches fresh pitted peeled sliced
- 0.5 cup oats quick

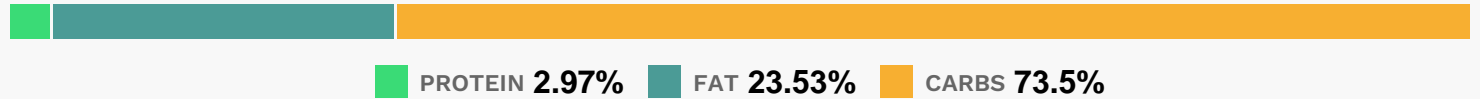
## Equipment

- bowl
- oven
- baking pan

## Directions

- Preheat oven to 375 degrees F (190 degrees C).
- In a medium bowl, combine the oats, granola, 3 tablespoons flour, and brown sugar.
- Cut in the 1/4 cup butter until crumbly.
- Place peach slices in an 8-inch square baking dish.
- Sprinkle with remaining 1 tablespoon flour. Scatter the oat mixture over the peaches.
- Sprinkle top with cinnamon, nutmeg, allspice, and pecans.
- Bake in preheated oven for 30 minutes, or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:59.59, Glycemic Load:19.89, Inflammation Score:-5, Nutrition Score:6.1908695399761%

## 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: 308.58kcal (15.43%), Fat: 8.56g (13.17%), Saturated Fat: 5.01g (31.3%), Carbohydrates: 60.14g (20.05%), Net Carbohydrates: 57.28g (20.83%), Sugar: 51.9g (57.67%), Cholesterol: 20.34mg (6.78%), Sodium: 84.05mg (3.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.87%), Manganese: 0.47mg (23.74%), Vitamin

A: 655.88IU (13.12%), Fiber: 2.86g (11.45%), Selenium: 5.97µg (8.53%), Vitamin E: 1.21mg (8.08%), Magnesium: 31.69mg (7.92%), Copper: 0.15mg (7.43%), Vitamin C: 5.42mg (6.57%), Phosphorus: 65.23mg (6.52%), Potassium: 225.46mg (6.44%), Vitamin B3: 1.23mg (6.14%), Iron: 1.09mg (6.06%), Vitamin B1: 0.08mg (5.21%), Vitamin K: 4.84µg (4.61%), Zinc: 0.61mg (4.04%), Vitamin B2: 0.07mg (4.01%), Folate: 13.33µg (3.33%), Calcium: 31.32mg (3.13%), Vitamin B5: 0.3mg (3.05%), Vitamin B6: 0.05mg (2.74%)