



Peach Crisp with Maple Cream Sauce

 Vegetarian

READY IN



70 min.

SERVINGS



6

CALORIES



696 kcal

DESSERT

Ingredients

- 3 tablespoons plus light
- 1 cup flour all-purpose
- 0.5 cup granulated sugar
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground nutmeg
- 1.5 cups heavy cream
- 0.5 a lemon
- 0.5 cup brown sugar light packed

- 7 tablespoons real maple syrup
- 5 to 6 peaches fresh whole ripe soft peeled cut in half and pit removed (1 3/4 pounds) (best when not overly or)
- 0.3 teaspoon salt
- 8 tablespoons butter unsalted

Equipment

- bowl
- frying pan
- sauce pan
- oven
- aluminum foil
- pastry cutter

Directions

- Preheat the oven to 350 degrees F. In a medium bowl, mix the flour, brown sugar, granulated sugar, cinnamon, nutmeg and salt using a fork or pastry cutter.
- Cut the butter into small pieces and gradually add to flour mixture until evenly mixed. Slice the peaches 1/2-inch thick into a bowl.
- Add the zest from the lemon half. Squeeze juice from the lemon half and stir in with the peaches and zest.
- Add 2 tablespoons of the maple syrup to the peaches and stir well.
- Pour the peach mixture into a small pan (8 or 9-inch square) and cover evenly with the crumb topping. Cover with foil and bake for 15 minutes.
- Remove the foil and bake until crisp and brown on top, an additional 20 to 30 minutes. For the maple cream sauce, pour the heavy cream into a saucepan.
- Add the remaining 5 tablespoons maple syrup and corn syrup and stir over moderate heat until thickened and reduced by about one-third, about 15 minutes. Refrigerate the sauce until it is cold and thick. Or, if you're in a hurry, set the saucepan into a small bowl of ice (the ice will melt and turn into ice water). Stirring your mixture, it will cool and thicken in about 15 minutes.

Drizzle the maple cream sauce over the peach crisp.

Serve warm.

Nutrition Facts

PROTEIN 2.94% **FAT 46.84%** **CARBS 50.22%**

Properties

Glycemic Index:56.89, Glycemic Load:34.99, Inflammation Score:-8, Nutrition Score:12.402608601943%

Flavonoids

Cyanidin: 2.4mg, Cyanidin: 2.4mg, Cyanidin: 2.4mg, Cyanidin: 2.4mg Catechin: 6.15mg, Catechin: 6.15mg, Catechin: 6.15mg, Catechin: 6.15mg Epigallocatechin: 1.3mg, Epigallocatechin: 1.3mg, Epigallocatechin: 1.3mg, Epigallocatechin: 1.3mg Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 696.33kcal (34.82%), Fat: 37.33g (57.43%), Saturated Fat: 23.38g (146.11%), Carbohydrates: 90.03g (30.01%), Net Carbohydrates: 87.22g (31.72%), Sugar: 69.41g (77.13%), Cholesterol: 107.37mg (35.79%), Sodium: 146.12mg (6.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.28g (10.55%), Manganese: 0.81mg (40.28%), Vitamin A: 1751.27IU (35.03%), Vitamin B2: 0.56mg (33.02%), Selenium: 12.1µg (17.29%), Vitamin B1: 0.23mg (15.5%), Vitamin E: 1.92mg (12.82%), Folate: 49.88µg (12.47%), Vitamin C: 10.26mg (12.44%), Vitamin B3: 2.34mg (11.68%), Fiber: 2.81g (11.25%), Calcium: 98.5mg (9.85%), Iron: 1.69mg (9.4%), Potassium: 326.86mg (9.34%), Phosphorus: 91.63mg (9.16%), Vitamin D: 1.23µg (8.21%), Copper: 0.15mg (7.62%), Vitamin K: 7.08µg (6.74%), Magnesium: 26.91mg (6.73%), Zinc: 0.82mg (5.49%), Vitamin B5: 0.5mg (4.97%), Vitamin B6: 0.08mg (3.85%), Vitamin B12: 0.13µg (2.12%)