



Peach Crisp with Oatmeal-Walnut Topping



Vegetarian

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READY IN

ready

55 min.

SERVINGS

servings

8

CALORIES

calories

329 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 0.5 cup brown sugar divided packed
- ☐ 1.8 cups flour all-purpose
- ☐ 2 tablespoons .3 oz. of pearl tapioca instant
- ☐ 0.5 cup old-fashioned rolled oats
- ☐ 5 cups peaches fresh sliced
- ☐ 6 tablespoons butter unsalted cooled melted
- ☐ 0.3 cup walnuts chopped

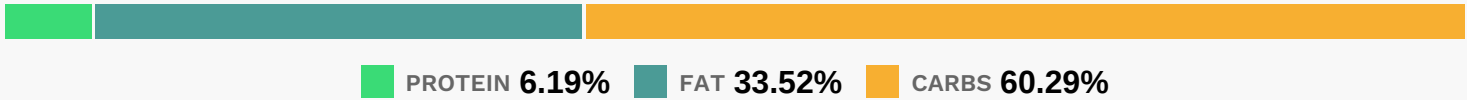
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Combine peaches, tapioca, almond extract, and 1/4 cup brown sugar in a bowl. Set mixture aside until tapioca pearls have softened, about 15 minutes.
- ☐ Whisk remaining 1/4 cup of brown sugar and flour in a separate bowl.
- ☐ Process rolled oats with walnuts in a food processor, pulsing a few times to grind to coarse crumbs; stir walnuts and oats into flour mixture.
- ☐ Drizzle topping mixture with melted butter and stir with a fork to create large crumbs of topping.
- ☐ Pour peaches and their juice into an 8x8-inch baking dish; spread crumb topping atop peaches in an even layer.
- ☐ Bake in the preheated oven until topping is golden brown and the peaches are bubbling, 35 to 40 minutes.
- ☐ Serve slightly warm.

Nutrition Facts



Properties

Glycemic Index:21.91, Glycemic Load:19.66, Inflammation Score:-6, Nutrition Score:9.0282608659371%

Flavonoids

Cyanidin: 1.98mg, Cyanidin: 1.98mg, Cyanidin: 1.98mg, Cyanidin: 1.98mg Catechin: 4.74mg, Catechin: 4.74mg, Catechin: 4.74mg, Catechin: 4.74mg Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg Epicatechin: 2.25mg, Epicatechin: 2.25mg, Epicatechin: 2.25mg, Epicatechin: 2.25mg Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 329.35kcal (16.47%), Fat: 12.55g (19.31%), Saturated Fat: 5.81g (36.31%), Carbohydrates: 50.79g (16.93%), Net Carbohydrates: 47.77g (17.37%), Sugar: 21.69g (24.1%), Cholesterol: 22.58mg (7.53%), Sodium: 18.48mg (0.8%), Alcohol: 0.04g (100%), Alcohol %: 0.03% (100%), Protein: 5.22g (10.43%), Manganese: 0.61mg (30.25%), Selenium: 13.26µg (18.95%), Vitamin B1: 0.28mg (18.55%), Folate: 62.67µg (15.67%), Vitamin B3: 2.52mg (12.61%), Fiber: 3.02g (12.08%), Vitamin A: 577.15IU (11.54%), Iron: 2.05mg (11.41%), Copper: 0.22mg (11%), Vitamin B2: 0.18mg (10.81%), Phosphorus: 91.43mg (9.14%), Magnesium: 29.87mg (7.47%), Vitamin E: 1.02mg (6.79%), Potassium: 207.52mg (5.93%), Zinc: 0.76mg (5.08%), Vitamin C: 4.01mg (4.86%), Vitamin B5: 0.38mg (3.81%), Vitamin K: 3.94µg (3.75%), Vitamin B6: 0.07mg (3.67%), Calcium: 29.31mg (2.93%), Vitamin D: 0.16µg (1.05%)