



Peach Crisps

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



337 kcal

DESSERT

Ingredients

- ☐ 0.3 cup cornstarch
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 12 servings ice cream for serving optional
- ☐ 0.3 cup brown sugar light
- ☐ 3 pounds peaches
- ☐ 0.5 cup rolled oats
- ☐ 0.3 teaspoon salt

☐ 7 tablespoons butter unsalted cold cut into small pieces

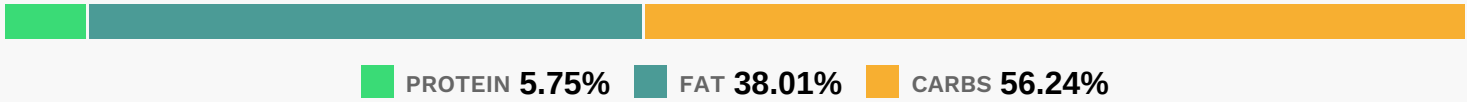
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ ramekin

Directions

- ☐ Add the peaches and blanch for 1 minute to loosen their skins.
- ☐ Transfer the peaches to a large rimmed baking sheet. When cool enough to handle, peel off the skins and cut the peaches into 1/2-inch dice.
- ☐ Transfer the peaches to a large bowl and sprinkle with the cornstarch. Toss well to coat and let stand for a few minutes.
- ☐ Preheat the oven to 32
- ☐ Butter and sugar twelve 5-ounce ramekins and arrange them on a large, rimmed baking sheet. Spoon the peaches into the ramekins and sprinkle with the topping.
- ☐ Bake the crisps for about 1 hour, until the filling is bubbling.
- ☐ Remove the ramekins from the oven and increase the temperature to 40
- ☐ Bake the crisps on the upper rack for about 8 minutes, until the topping is browned.
- ☐ Serve warm or at room temperature with ice cream, if desired.

Nutrition Facts



Properties

Glycemic Index:23.86, Glycemic Load:22.58, Inflammation Score:-6, Nutrition Score:8.077391334202%

Flavonoids

Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg,

Epigallocatechin: 1.18mg Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg
Epigallocatechin 3–gallate: 0.34mg, Epigallocatechin 3–gallate: 0.34mg, Epigallocatechin 3–gallate: 0.34mg,
Epigallocatechin 3–gallate: 0.34mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol:
0.25mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 337.14kcal (16.86%), Fat: 14.53g (22.35%), Saturated Fat: 8.75g (54.7%), Carbohydrates: 48.35g (16.12%),
Net Carbohydrates: 45.54g (16.56%), Sugar: 32.18g (35.75%), Cholesterol: 46.6mg (15.53%), Sodium: 118.86mg
(5.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.95g (9.89%), Vitamin A: 851.62IU (17.03%), Vitamin B2:
0.25mg (14.93%), Manganese: 0.27mg (13.65%), Phosphorus: 121.84mg (12.18%), Selenium: 8.31µg (11.88%), Fiber:
2.81g (11.24%), Vitamin B1: 0.15mg (10.13%), Calcium: 98.22mg (9.82%), Potassium: 301.29mg (8.61%), Vitamin B3:
1.65mg (8.26%), Vitamin E: 1.24mg (8.24%), Folate: 30.54µg (7.63%), Copper: 0.14mg (6.85%), Vitamin B5: 0.66mg
(6.55%), Magnesium: 25.92mg (6.48%), Iron: 1.12mg (6.23%), Zinc: 0.92mg (6.15%), Vitamin C: 5.05mg (6.12%),
Vitamin B12: 0.27µg (4.52%), Vitamin K: 4.27µg (4.07%), Vitamin B6: 0.07mg (3.51%), Vitamin D: 0.25µg (1.7%)