

Peach-Ginger Crisp

 Vegetarian

READY IN



45 min.

SERVINGS



5

CALORIES



336 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons almonds toasted sliced
- ☐ 0.3 cup brown sugar packed
- ☐ 3 tablespoons butter chilled cut into small pieces
- ☐ 2 teaspoons cornstarch
- ☐ 0.5 cup flour all-purpose
- ☐ 0.8 teaspoon ginger fresh minced peeled
- ☐ 0.3 cup granulated sugar
- ☐ 1 tablespoon granulated sugar

- ☐ 2 teaspoons juice of lemon
- ☐ 3 pounds peaches peeled sliced

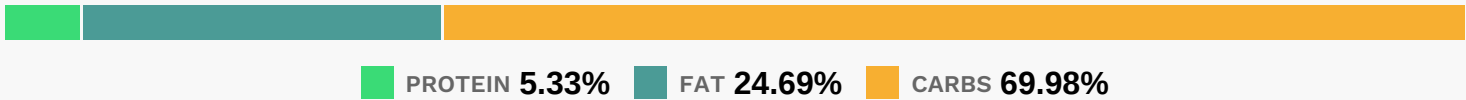
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Lightly spoon flour into a dry measuring cup, and level with a knife.
- ☐ Combine the flour, 1/4 cup granulated sugar, and brown sugar in a bowl.
- ☐ Cut in butter with a pastry blender or 2 knives until crumbly. Stir in almonds.
- ☐ Combine peaches and remaining ingredients in a bowl. Spoon peach mixture into an 8-inch square baking dish.
- ☐ Sprinkle with flour mixture.
- ☐ Bake at 375 for 45 minutes or until lightly browned and bubbly.

Nutrition Facts



Properties

Glycemic Index:66.09, Glycemic Load:25.02, Inflammation Score:-7, Nutrition Score:10.437391270114%

Flavonoids

Cyanidin: 5.32mg, Cyanidin: 5.32mg, Cyanidin: 5.32mg, Cyanidin: 5.32mg Catechin: 13.44mg, Catechin: 13.44mg, Catechin: 13.44mg, Catechin: 13.44mg Epigallocatechin: 2.93mg, Epigallocatechin: 2.93mg, Epigallocatechin: 2.93mg, Epigallocatechin: 2.93mg Epicatechin: 6.39mg, Epicatechin: 6.39mg, Epicatechin: 6.39mg, Epicatechin: 6.39mg

6.39mg Epigallocatechin 3–gallate: 0.82mg, Epigallocatechin 3–gallate: 0.82mg, Epigallocatechin 3–gallate: 0.82mg, Epigallocatechin 3–gallate: 0.82mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 336.46kcal (16.82%), Fat: 9.71g (14.94%), Saturated Fat: 4.54g (28.39%), Carbohydrates: 61.96g (20.65%), Net Carbohydrates: 57.02g (20.73%), Sugar: 46.15g (51.27%), Cholesterol: 18.06mg (6.02%), Sodium: 93.02mg (4.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.43%), Vitamin A: 1097.3IU (21.95%), Vitamin E: 3.22mg (21.45%), Fiber: 4.94g (19.76%), Manganese: 0.35mg (17.58%), Vitamin B3: 3.1mg (15.48%), Selenium: 10.43µg (14.91%), Vitamin C: 11.95mg (14.48%), Copper: 0.28mg (13.95%), Vitamin B2: 0.2mg (11.61%), Vitamin B1: 0.17mg (11.51%), Potassium: 394.95mg (11.28%), Folate: 41.76µg (10.44%), Iron: 1.75mg (9.7%), Phosphorus: 95.44mg (9.54%), Magnesium: 36.75mg (9.19%), Vitamin K: 8.79µg (8.37%), Zinc: 0.85mg (5.69%), Vitamin B5: 0.52mg (5.17%), Vitamin B6: 0.09mg (4.26%), Calcium: 34.98mg (3.5%)