

Peach Melba Crisp

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



286 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 1 tablespoon cornstarch
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 1 tablespoon granulated sugar
- ☐ 2 teaspoons juice of lemon
- ☐ 3 tablespoons butter chilled cut into small pieces
- ☐ 3 pounds peaches peeled sliced

- ☐ 1 cup raspberries
- ☐ 1 tablespoon raspberry jam seedless melted

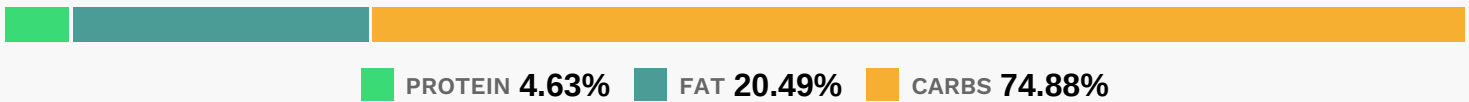
Equipment

- ☐ 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 flour, 1/4 cup granulated sugar, and brown sugar in a bowl; cut in margarine with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Combine sliced peaches and lemon juice in a large bowl, and toss gently to coat.
- ☐ Add raspberries, 1 tablespoon granulated sugar, and cornstarch, and toss gently. Spoon fruit mixture into an 8-inch square baking dish coated with cooking spray, and drizzle raspberry jam evenly over fruit mixture.
- ☐ Sprinkle with flour mixture.
- ☐ Bake at 375 for 45 minutes or until brown.

Nutrition Facts



Properties

Glycemic Index:56.07, Glycemic Load:22.34, Inflammation Score:-7, Nutrition Score:9.099565282788%

Flavonoids

Cyanidin: 13.51mg, Cyanidin: 13.51mg, Cyanidin: 13.51mg, Cyanidin: 13.51mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 11.42mg, Catechin: 11.42mg, Catechin: 11.42mg, Catechin: 11.42mg Epigallocatechin: 2.45mg, Epigallocatechin: 2.45mg, Epigallocatechin: 2.45mg Epicatechin: 6.01mg, Epicatechin: 6.01mg, Epicatechin: 6.01mg, Epicatechin: 6.01mg Epigallocatechin 3–gallate: 0.79mg, Epigallocatechin 3–gallate: 0.79mg, Epigallocatechin 3–gallate: 0.79mg, Epigallocatechin 3–gallate: 0.79mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 286.06kcal (14.3%), Fat: 6.84g (10.52%), Saturated Fat: 1.3g (8.12%), Carbohydrates: 56.22g (18.74%), Net Carbohydrates: 51.18g (18.61%), Sugar: 40.8g (45.34%), Cholesterol: 0mg (0%), Sodium: 103.48mg (4.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.96%), Vitamin A: 1010.52IU (20.21%), Fiber: 5.04g (20.15%), Vitamin C: 15.49mg (18.78%), Manganese: 0.35mg (17.6%), Vitamin E: 2.07mg (13.81%), Vitamin B3: 2.58mg (12.89%), Selenium: 8.61µg (12.3%), Copper: 0.22mg (10.96%), Potassium: 337.86mg (9.65%), Vitamin B1: 0.14mg (9.62%), Folate: 37.74µg (9.43%), Iron: 1.49mg (8.26%), Vitamin B2: 0.14mg (8.05%), Vitamin K: 8.4µg (8%), Phosphorus: 69.95mg (7%), Magnesium: 26.16mg (6.54%), Vitamin B5: 0.48mg (4.8%), Zinc: 0.69mg (4.57%), Vitamin B6: 0.08mg (3.91%), Calcium: 26.36mg (2.64%)