



Peach, Plum, and Apricot Crisp

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



318 kcal

DESSERT

Ingredients

- 2 cups apricots sliced
- 0.5 cup brown sugar packed
- 0.3 cup butter melted
- 0.8 cup flour all-purpose
- 3 tablespoons flour all-purpose
- 0.8 cup granulated sugar
- 4 cups whipped cream low-fat
- 0.3 teaspoon nutmeg whole grated

- 1 cup old-fashioned rolled oats
- 4.5 cups peaches sliced
- 2 cups plums sliced
- 0.5 teaspoon salt

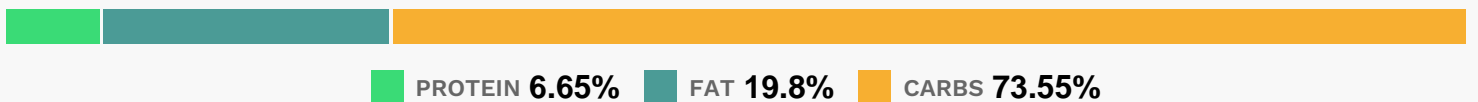
Equipment

- bowl
- oven
- baking pan

Directions

- Combine first 6 ingredients in a large bowl; let stand 15 minutes.
- Preheat oven to 400
- Spoon fruit mixture into a 13 x 9-inch glass or ceramic baking dish coated with cooking spray.
- Bake at 400 for 35 minutes or until bubbly.
- Combine oats and next 3 ingredients (through salt) in a bowl.
- Drizzle with butter, stirring until crumbly.
- Sprinkle oat mixture over fruit.
- Bake an additional 15 minutes or until topping is lightly browned and fruit is bubbly.
- Serve warm with ice cream.

Nutrition Facts



Properties

Glycemic Index:44.72, Glycemic Load:25.01, Inflammation Score:-7, Nutrition Score:8.5547826329003%

Flavonoids

Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 4.58mg, Catechin: 4.58mg, Catechin: 4.58mg, Catechin: 4.58mg

Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg
Epicatechin: 3.46mg, Epicatechin: 3.46mg, Epicatechin: 3.46mg, Epicatechin: 3.46mg Epicatechin 3-gallate:
0.21mg, Epicatechin 3-gallate: 0.21mg, Epicatechin 3-gallate: 0.21mg, Epicatechin 3-gallate: 0.21mg
Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg,
Epigallocatechin 3-gallate: 0.28mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol:
0.29mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg Gallocatechin: 0.02mg,
Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 318.46kcal (15.92%), Fat: 7.21g (11.09%), Saturated Fat: 4.04g (25.24%), Carbohydrates: 60.21g (20.07%),
Net Carbohydrates: 57.34g (20.85%), Sugar: 42.63g (47.37%), Cholesterol: 23.85mg (7.95%), Sodium: 175.86mg
(7.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.45g (10.9%), Vitamin A: 1125.9IU (22.52%),
Manganese: 0.39mg (19.56%), Vitamin B2: 0.23mg (13.35%), Phosphorus: 114.99mg (11.5%), Fiber: 2.87g (11.49%),
Selenium: 7.72µg (11.03%), Vitamin B1: 0.16mg (10.91%), Calcium: 102.86mg (10.29%), Vitamin C: 8.17mg (9.91%),
Potassium: 334.49mg (9.56%), Folate: 30.36µg (7.59%), Vitamin B3: 1.46mg (7.32%), Magnesium: 28.68mg (7.17%),
Iron: 1.25mg (6.95%), Copper: 0.14mg (6.78%), Vitamin E: 0.93mg (6.18%), Zinc: 0.9mg (6.03%), Vitamin B5: 0.57mg
(5.67%), Vitamin K: 5.04µg (4.8%), Vitamin B12: 0.25µg (4.1%), Vitamin B6: 0.07mg (3.71%)