



## Peach-Rhubarb Crisp

 Vegetarian

READY IN



15 min.

SERVINGS



10

CALORIES



308 kcal

DESSERT

### Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup butter cold cut into small pieces
- ☐ 1.3 cups flour all-purpose divided
- ☐ 1.5 cups granulated sugar
- ☐ 3 tablespoons juice of lemon
- ☐ 20 oz peaches frozen thawed
- ☐ 0.3 cup oats uncooked
- ☐ 32 oz rhubarb frozen thawed sliced

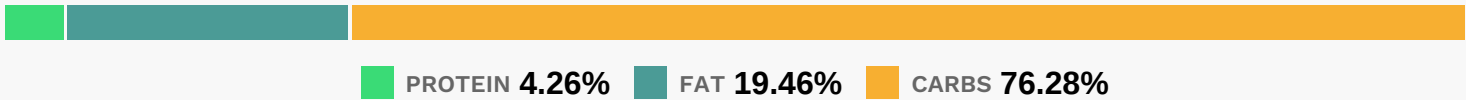
# Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan

# Directions

- ☐ Combine first 4 ingredients in a medium bowl; add 1/4 cup flour, stirring well.
- ☐ Pour mixture into a 13- x-9-inch baking dish coated with cooking spray.
- ☐ Combine oats, brown sugar, and remaining 1 cup flour in a small bowl; cut in cold butter with a fork or pastry blender until mixture resembles coarse crumbs.
- ☐ Sprinkle mixture evenly over fruit filling.
- ☐ Bake at 375 for 45 to 50 minutes or until bubbly.

# Nutrition Facts



# Properties

Glycemic Index:31.33, Glycemic Load:32.89, Inflammation Score:-5, Nutrition Score:8.4652173188717%

# Flavonoids

Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg Catechin: 4.76mg, Catechin: 4.76mg, Catechin: 4.76mg, Catechin: 4.76mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 1.79mg, Epicatechin: 1.79mg, Epicatechin: 1.79mg, Epicatechin: 1.79mg Epicatechin 3-gallate: 0.54mg, Epicatechin 3-gallate: 0.54mg, Epicatechin 3-gallate: 0.54mg, Epicatechin 3-gallate: 0.54mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

# Nutrients (% of daily need)

Calories: 308.38kcal (15.42%), Fat: 6.92g (10.64%), Saturated Fat: 4g (25.03%), Carbohydrates: 61g (20.33%), Net Carbohydrates: 57.83g (21.03%), Sugar: 43.01g (47.79%), Cholesterol: 16.27mg (5.42%), Sodium: 62.45mg (2.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.81%), Vitamin K: 28.94µg (27.57%), Manganese: 0.44mg (22.08%), Vitamin C: 11.32mg (13.73%), Fiber: 3.17g (12.69%), Selenium: 8.75µg (12.5%), Vitamin B1: 0.17mg (11.36%), Potassium: 373.64mg (10.68%), Folate: 40.41µg (10.1%), Vitamin A: 466.73IU (9.33%), Calcium: 92.37mg (9.24%), Vitamin B3: 1.69mg (8.45%), Vitamin B2: 0.13mg (7.89%), Iron: 1.31mg (7.31%), Magnesium: 27.24mg (6.81%), Vitamin E: 0.87mg (5.8%), Phosphorus: 56.9mg (5.69%), Copper: 0.1mg (5.1%), Zinc: 0.43mg (2.87%), Vitamin B5: 0.28mg (2.75%), Vitamin B6: 0.05mg (2.54%)