



Strawberry-Peach Crisp

READY IN



40 min.

SERVINGS



8

CALORIES



450 kcal

DESSERT

Ingredients

- 0.8 cup firmly brown sugar light packed
- 0.3 cup butter cold ()
- 0.5 cup flour divided
- 3 cups honey-flavored multi-grain cereal flakes with oat clusters and almonds, lightly crushed
- 30 oz peaches drained canned
- 2 cups strawberries halved
- 0.5 cup cool whip whipped topping thawed

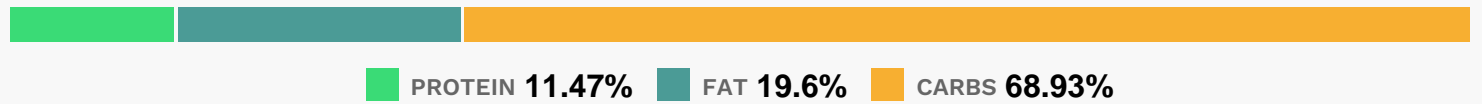
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 350F.
- Remove 2 Tbsp. of the flour; set aside. Toss peach slices with strawberries, 3/4 cup sugar and remaining flour in large bowl.
- Place in ungreased 9-inch square baking dish.
- Mix reserved 2 Tbsp. flour and the 2 Tbsp. sugar in separate large bowl.
- Cut in butter until mixture resembles coarse crumbs.
- Add cereal; stir until well blended.
- Sprinkle over fruit mixture.
- Bake 25 min. or until topping is lightly browned.
- Serve topped with whipped topping.

Nutrition Facts



Properties

Glycemic Index:34.37, Glycemic Load:31.75, Inflammation Score:-7, Nutrition Score:20.279565329137%

Flavonoids

Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 6.35mg, Catechin: 6.35mg, Catechin: 6.35mg, Catechin: 6.35mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.01mg,

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 449.7kcal (22.48%), Fat: 9.99g (15.37%), Saturated Fat: 4.86g (30.39%), Carbohydrates: 79.05g (26.35%), Net Carbohydrates: 71.2g (25.89%), Sugar: 35.73g (39.7%), Cholesterol: 15.35mg (5.12%), Sodium: 468.34mg (20.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.15g (26.31%), Manganese: 2.16mg (108.22%), Selenium: 28.35µg (40.49%), Fiber: 7.85g (31.4%), Vitamin C: 25.53mg (30.94%), Vitamin B1: 0.44mg (29.58%), Vitamin B3: 5.42mg (27.09%), Phosphorus: 234.55mg (23.45%), Magnesium: 85.54mg (21.39%), Iron: 3.3mg (18.31%), Calcium: 177.95mg (17.79%), Folate: 67.14µg (16.78%), Copper: 0.32mg (16.11%), Vitamin B2: 0.23mg (13.73%), Zinc: 1.93mg (12.86%), Potassium: 448.81mg (12.82%), Vitamin B6: 0.25mg (12.41%), Vitamin K: 11.57µg (11.02%), Vitamin A: 534.3IU (10.69%), Vitamin E: 1.55mg (10.35%), Vitamin B5: 0.89mg (8.86%)