



Walnut Apple-Peach Crisp with Cinnamon-Brown Sugar Crumble

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



304 kcal

DESSERT

Ingredients

- 3 cups golden delicious apple peeled sliced (3 medium)
- 2 cups peaches fresh peeled sliced (3 medium)
- 0.3 cup granulated sugar
- 0.5 cup rolled oats
- 0.5 cup brown sugar packed
- 0.3 cup flour all-purpose
- 0.5 teaspoon ground cinnamon

- 0.3 cup butter cold
- 0.3 cup walnut pieces chopped

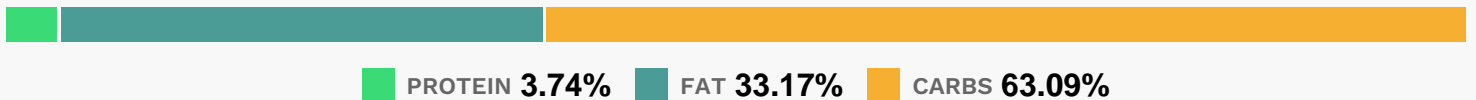
Equipment

- bowl
- oven
- blender
- baking pan
- glass baking pan

Directions

- Heat oven to 375°F. Grease 11x7-inch (2-quart) glass baking dish with shortening or cooking spray.
- In large bowl, toss apples, peaches and granulated sugar.
- Pour into baking dish. In same bowl, mix oats, brown sugar, flour and cinnamon.
- Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture is crumbly. Stir in walnuts.
- Sprinkle over fruit.
- Bake 30 minutes or until topping is golden and fruit is tender. Cool 15 minutes.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:48.22, Glycemic Load:14.83, Inflammation Score:-5, Nutrition Score:6.2021738822046%

Flavonoids

Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg Catechin: 2.89mg, Catechin: 2.89mg, Catechin: 2.89mg, Catechin: 2.89mg Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg Epicatechin: 4.64mg, Epicatechin: 4.64mg, Epicatechin: 4.64mg, Epicatechin:

4.64mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg

Nutrients (% of daily need)

Calories: 303.8kcal (15.19%), Fat: 11.55g (17.76%), Saturated Fat: 1.97g (12.32%), Carbohydrates: 49.41g (16.47%), Net Carbohydrates: 45.9g (16.69%), Sugar: 36.89g (40.99%), Cholesterol: 0mg (0%), Sodium: 102.96mg (4.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.85%), Manganese: 0.54mg (27.08%), Fiber: 3.51g (14.03%), Vitamin A: 539.01IU (10.78%), Copper: 0.18mg (9%), Selenium: 5.31µg (7.59%), Vitamin B1: 0.11mg (7.54%), Phosphorus: 70.75mg (7.08%), Magnesium: 27.44mg (6.86%), Iron: 1.07mg (5.97%), Potassium: 205.9mg (5.88%), Vitamin E: 0.85mg (5.67%), Folate: 21.71µg (5.43%), Vitamin B2: 0.08mg (4.75%), Vitamin B3: 0.93mg (4.67%), Vitamin B6: 0.09mg (4.43%), Zinc: 0.59mg (3.9%), Calcium: 34.68mg (3.47%), Vitamin K: 3µg (2.86%), Vitamin B5: 0.28mg (2.84%), Vitamin C: 2.19mg (2.66%)