



## 5-Minute Caramel Pear Crumble

READY IN



5 min.

SERVINGS



4

CALORIES



155 kcal

DESSERT

### Ingredients

- 0.3 cup caramel ice cream topping
- 15 oz pear in juice drained canned
- 4 chewy fig-filled cookies chopped
- 0.5 cup cool whip whipped topping thawed

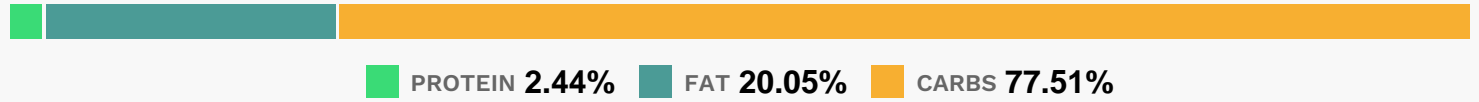
### Equipment

- bowl

### Directions

- Spoon pears evenly into four dessert bowls.
- Drizzle with caramel topping.
- Top with cookies and whipped topping.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:3.976521745972%

## Nutrients (% of daily need)

Calories: 155.18kcal (7.76%), Fat: 3.63g (5.58%), Saturated Fat: 1.42g (8.86%), Carbohydrates: 31.57g (10.52%), Net Carbohydrates: 31.28g (11.37%), Sugar: 22.72g (25.24%), Cholesterol: 0.19mg (0.06%), Sodium: 109.98mg (4.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.98%), Vitamin C: 36mg (43.64%), Potassium: 167.92mg (4.8%), Vitamin K: 4.51µg (4.3%), Copper: 0.08mg (4.19%), Vitamin B2: 0.07mg (4.09%), Phosphorus: 34.2mg (3.42%), Vitamin B3: 0.65mg (3.26%), Calcium: 29.57mg (2.96%), Vitamin B1: 0.04mg (2.92%), Magnesium: 11.55mg (2.89%), Folate: 10.82µg (2.7%), Vitamin E: 0.34mg (2.28%), Manganese: 0.04mg (2.11%), Selenium: 1.19µg (1.71%), Iron: 0.27mg (1.53%), Fiber: 0.29g (1.15%)