



Amaretto-Amaretti Pear Crumble

READY IN



45 min.

SERVINGS



6

CALORIES



327 kcal

Ingredients

- ☐ 1 cup amaretti cookie crumbs (16 cookies)
- ☐ 0.3 cup amaretto (almond-flavored liqueur)
- ☐ 0.5 cup apricot preserves
- ☐ 4 bosc pears firm cored peeled cut into 1/2-inch-thick wedges (2 pounds)
- ☐ 1.5 tablespoons butter chilled cut into small pieces
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1.5 cups whipped cream low-fat

Equipment

- ☐ bowl

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Combine pears and juice in a large bowl; spoon into a 1-quart baking dish.
- ☐ Combine the apricot preserves and liqueur in a small bowl; spoon evenly over pears.
- ☐ Sprinkle butter over pear mixture, and top with 1 cup amaretti cookie crumbs.
- ☐ Bake at 375 for 30 minutes or until golden brown. Spoon pear mixture evenly into 6 bowls, and top each serving with 1/4 cup ice cream.

Nutrition Facts



Properties

Glycemic Index:20.46, Glycemic Load:9.27, Inflammation Score:-3, Nutrition Score:4.6682608645895%

Flavonoids

Cyanidin: 2.44mg, Cyanidin: 2.44mg, Cyanidin: 2.44mg, Cyanidin: 2.44mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 4.52mg, Epicatechin: 4.52mg, Epicatechin: 4.52mg, Epicatechin: 4.52mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 327.18kcal (16.36%), Fat: 6.01g (9.24%), Saturated Fat: 3.09g (19.3%), Carbohydrates: 63.5g (21.17%), Net Carbohydrates: 58.91g (21.42%), Sugar: 47.05g (52.28%), Cholesterol: 17.78mg (5.93%), Sodium: 118.84mg (5.17%), Alcohol: 2.56g (100%), Alcohol %: 1.52% (100%), Protein: 4.62g (9.23%), Fiber: 4.59g (18.35%), Vitamin C: 8.26mg (10.01%), Vitamin B2: 0.13mg (7.93%), Calcium: 76.89mg (7.69%), Potassium: 238.24mg (6.81%), Vitamin A: 327.94IU (6.56%), Copper: 0.13mg (6.39%), Phosphorus: 55.6mg (5.56%), Vitamin K: 5.62µg (5.35%), Magnesium: 14.93mg (3.73%), Iron: 0.65mg (3.63%), Manganese: 0.07mg (3.44%), Vitamin B12: 0.18µg (3.08%), Folate: 11.39µg

(2.85%), Vitamin B6: 0.06mg (2.84%), Zinc: 0.42mg (2.77%), Vitamin B5: 0.25mg (2.52%), Vitamin B1: 0.04mg (2.37%), Vitamin E: 0.3mg (1.99%), Selenium: 1.34µg (1.91%), Vitamin B3: 0.27mg (1.34%)