



Apple and Pear Crisp

 Vegetarian

READY IN



85 min.

SERVINGS



8

CALORIES



650 kcal

DESSERT

Ingredients

- 2 pounds macoun apples firm (6 apples)
- 2 pounds bosc pears ripe (4 pears)
- 0.5 pound butter unsalted diced cold (2 sticks)
- 0.3 cup flour all-purpose
- 1.5 cups flour all-purpose
- 0.5 cup granulated sugar
- 0.8 cup granulated sugar
- 1 teaspoon ground cinnamon

- 0.5 teaspoon ground nutmeg
- 0.5 teaspoon kosher salt
- 2 tablespoons juice of lemon freshly squeezed
- 1 teaspoon lemon zest grated
- 0.8 cup brown sugar light packed
- 1 cup old-fashioned oatmeal
- 2 tablespoons orange juice freshly squeezed
- 1 teaspoon orange zest grated

Equipment

- bowl
- oven
- baking pan
- hand mixer

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Peel, core, and cut the pears and apples into large chunks.
- Place the fruit in a large bowl and add the zests, juices, sugar, flour, cinnamon, and nutmeg.
- Pour into a 9 by 12 by 2-inch oval baking dish.
- Combine the flour, sugars, salt, oatmeal, and butter in the bowl of an electric mixer fitted with the paddle attachment.
- Mix on low speed for 1 minute, until the mixture is in large crumbles.
- Sprinkle evenly over the fruit, covering the fruit completely.
- Place the baking dish on a sheet pan and bake for 50 minutes to 1 hour, until the top is brown and the fruit is bubbly.
- Serve warm.

Nutrition Facts

PROTEIN 2.73% FAT 32.29% CARBS 64.98%

Properties

Glycemic Index:68.3, Glycemic Load:48.16, Inflammation Score:-7, Nutrition Score:10.970869657786%

Flavonoids

Cyanidin: 4.12mg, Cyanidin: 4.12mg, Cyanidin: 4.12mg, Cyanidin: 4.12mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg Epicatechin: 12.8mg, Epicatechin: 12.8mg, Epicatechin: 12.8mg, Epicatechin: 12.8mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg

Nutrients (% of daily need)

Calories: 650.17kcal (32.51%), Fat: 24.22g (37.27%), Saturated Fat: 14.79g (92.43%), Carbohydrates: 109.69g (36.56%), Net Carbohydrates: 101.99g (37.09%), Sugar: 74.72g (83.02%), Cholesterol: 60.95mg (20.32%), Sodium: 158.68mg (6.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.2%), Fiber: 7.7g (30.81%), Manganese: 0.51mg (25.7%), Vitamin B1: 0.28mg (18.45%), Vitamin C: 14.34mg (17.39%), Selenium: 11.7µg (16.71%), Folate: 66.43µg (16.61%), Vitamin A: 808.8IU (16.18%), Vitamin B2: 0.22mg (12.75%), Iron: 2.08mg (11.56%), Copper: 0.21mg (10.31%), Vitamin B3: 2.03mg (10.14%), Potassium: 352.25mg (10.06%), Vitamin K: 9.72µg (9.26%), Phosphorus: 87.23mg (8.72%), Magnesium: 31.09mg (7.77%), Vitamin E: 1.05mg (7.01%), Vitamin B6: 0.11mg (5.35%), Calcium: 52.23mg (5.22%), Zinc: 0.69mg (4.6%), Vitamin B5: 0.41mg (4.1%), Vitamin D: 0.43µg (2.83%)