



Apple, Cranberry, and Pear Crisp

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



314 kcal

DESSERT

Ingredients

- ☐ 2 rome beauty apples cored cubed peeled
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup butter
- ☐ 0.5 cup cranberries dried
- ☐ 0.5 cup flour all-purpose
- ☐ 2 tablespoons honey
- ☐ 1.5 tablespoons juice of lemon
- ☐ 2 comice pears cored cubed peeled

- ☐ 0.5 cup cooking oats quick
- ☐ 0.3 cup ground walnuts

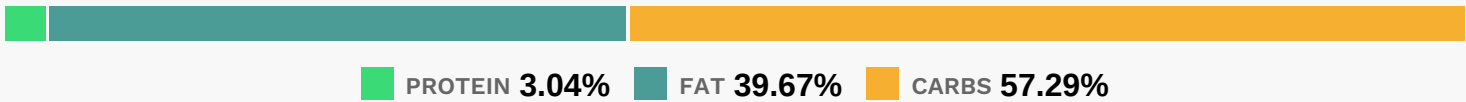
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Lightly grease an 8 inch baking dish.
- ☐ Mix the apples, pears, cranberries, 1 tablespoon flour, honey, and lemon juice in the prepared dish.
- ☐ In a bowl, mix 1/2 cup flour, brown sugar, oats, walnuts, and butter to the consistency of coarse crumbs.
- ☐ Sprinkle loosely over the fruit mixture.
- ☐ Bake 45 minutes in the preheated oven, or until brown and crisp on top.

Nutrition Facts



Properties

Glycemic Index:41.38, Glycemic Load:12.2, Inflammation Score:-4, Nutrition Score:5.8521739464739%

Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 5.1mg, Epicatechin: 5.1mg, Epicatechin: 5.1mg, Epicatechin: 5.1mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 314.06kcal (15.7%), Fat: 14.54g (22.37%), Saturated Fat: 7.62g (47.59%), Carbohydrates: 47.25g (15.75%), Net Carbohydrates: 43.43g (15.79%), Sugar: 32.49g (36.1%), Cholesterol: 30.5mg (10.17%), Sodium: 96.97mg (4.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.02%), Manganese: 0.47mg (23.34%), Fiber: 3.82g (15.3%), Vitamin A: 391.14IU (7.82%), Vitamin B1: 0.12mg (7.77%), Copper: 0.15mg (7.52%), Magnesium: 28.67mg (7.17%), Selenium: 4.99µg (7.13%), Folate: 25.21µg (6.3%), Vitamin C: 5.18mg (6.28%), Phosphorus: 59.64mg (5.96%), Iron: 0.99mg (5.52%), Potassium: 173.96mg (4.97%), Vitamin B2: 0.08mg (4.88%), Vitamin E: 0.69mg (4.62%), Vitamin K: 4.81µg (4.58%), Vitamin B3: 0.73mg (3.64%), Vitamin B6: 0.07mg (3.56%), Calcium: 29.85mg (2.99%), Zinc: 0.43mg (2.87%), Vitamin B5: 0.2mg (1.98%)