



Apple-Pear Crumble Pie

READY IN



75 min.

SERVINGS



10

CALORIES



312 kcal

DESSERT

Ingredients

- 2 large baking apples peeled sliced
- 0.3 cup brown sugar packed
- 0.3 cup butter melted
- 4 oz philadelphia cream cheese softened ()
- 0.3 cup flour
- 0.3 cup granulated sugar
- 0.5 tsp ground cinnamon
- 1 large pears peeled sliced
- 1 ready-to-use pie crust refrigerated

- 0.8 cup vanilla wafers crushed
- 1.3 cups cool whip whipped topping thawed

Equipment

- bowl
- oven
- aluminum foil

Directions

- Heat oven to 375F.
- Mix wafer crumbs, brown sugar and butter until blended.
- Place pie crust in 9-inch pie plate sprayed with cooking spray.
- Spread cream cheese carefully onto bottom of crust; sprinkle with half the crumb mixture.
- Combine fruit in large bowl.
- Add granulated sugar, flour and cinnamon; toss to coat. Spoon over crumb layer in crust; sprinkle with remaining crumb mixture.
- Bake 35 min. or until fruit is tender and crust is lightly browned, covering loosely with foil after 25 min. if necessary to prevent crust from overbrowning. Cool.
- Serve topped with COOL WHIP.

Nutrition Facts



PROTEIN 3.69% **FAT 44.49%** **CARBS 51.82%**

Properties

Glycemic Index:37.28, Glycemic Load:13.76, Inflammation Score:-3, Nutrition Score:4.1239130185998%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg

Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg,
Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg
Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.06mg,
Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin:
1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 311.75kcal (15.59%), Fat: 15.76g (24.25%), Saturated Fat: 8.15g (50.92%), Carbohydrates: 41.31g (13.77%),
Net Carbohydrates: 38.84g (14.12%), Sugar: 24.13g (26.81%), Cholesterol: 23.92mg (7.97%), Sodium: 183.9mg (8%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.87%), Fiber: 2.48g (9.91%), Vitamin B1: 0.12mg (8.07%),
Manganese: 0.15mg (7.54%), Folate: 29.36µg (7.34%), Vitamin B2: 0.12mg (6.98%), Vitamin A: 331.44IU (6.63%),
Selenium: 3.42µg (4.88%), Vitamin B3: 0.97mg (4.83%), Phosphorus: 47.48mg (4.75%), Iron: 0.76mg (4.21%),
Vitamin K: 4.22µg (4.02%), Potassium: 134.97mg (3.86%), Vitamin C: 3.05mg (3.69%), Calcium: 33.4mg (3.34%),
Vitamin E: 0.47mg (3.11%), Copper: 0.05mg (2.73%), Magnesium: 9.44mg (2.36%), Vitamin B6: 0.05mg (2.28%),
Vitamin B5: 0.2mg (2%), Zinc: 0.22mg (1.43%)