



## Autumn Pear Crisps

READY IN



40 min.

SERVINGS



40

CALORIES



14 kcal

DESSERT

### Ingredients

- 1 Tbsp brown sugar
- 1 Tbsp butter
- 1 oz philadelphia cream cheese softened
- 0.1 tsp ground cinnamon
- 1 large pears fresh peeled chopped
- 1 Tbsp planters pecans chopped
- 4 vanilla wafers coarsely chopped
- 2 Tbsp cool whip whipped topping thawed

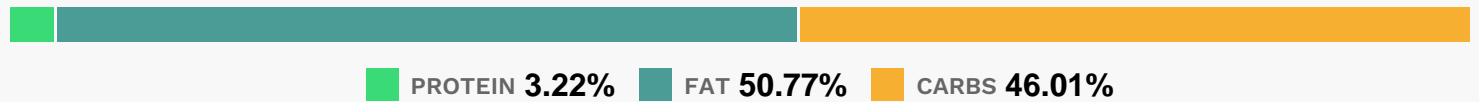
## Equipment

- bowl
- baking sheet
- oven

## Directions

- Heat oven to 350F.
- Mix cream cheese, sugar and cinnamon in medium bowl until blended. Stir in pears. Spoon into 2 custard cups sprayed with cooking spray.
- Mix wafer crumbs, nuts and butter; sprinkle over cream cheese mixture.
- Place cups on baking sheet.
- Bake 25 min. or until hot and bubbly. Cool slightly.
- Serve topped with COOL WHIP.

## Nutrition Facts



## Properties

Glycemic Index:5.14, Glycemic Load:0.6, Inflammation Score:-1, Nutrition Score:0.25608695913916%

## Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 14.47kcal (0.72%), Fat: 0.85g (1.31%), Saturated Fat: 0.4g (2.51%), Carbohydrates: 1.74g (0.58%), Net Carbohydrates: 1.53g (0.55%), Sugar: 1.13g (1.26%), Cholesterol: 1.49mg (0.5%), Sodium: 7.22mg (0.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.24%)