



Berry-Pear Crisp Pie

 Dairy Free

READY IN



225 min.

SERVINGS



8

CALORIES



731 kcal

DESSERT

Ingredients

- ☐ 1 cup blueberries fresh
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 3 tablespoons cornstarch
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 tablespoon juice of lemon

- ☐ 3 cups pears cored ripe peeled thinly sliced
- ☐ 1 cup oats
- ☐ 1 cup raspberries fresh
- ☐ 1 box pie crust dough refrigerated softened
- ☐ 8 servings whipped cream
- ☐ 0.5 cup walnut pieces chopped

Equipment

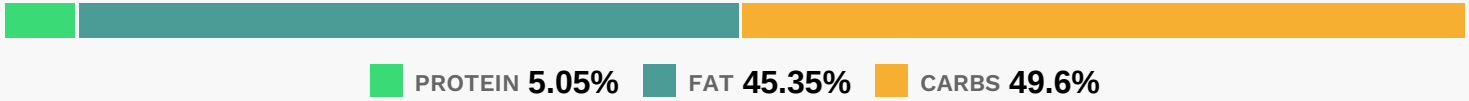
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Heat oven to 425F. Unroll crust.
- ☐ Place in 9-inch glass pie plate; flute edges. Line crust with 10-inch round of cooking parchment paper or foil. Fill with dried beans or pie weights.
- ☐ Bake 8 to 9 minutes or until crust is set.
- ☐ Remove parchment and beans. Cover edge of crust with strips of foil to prevent excessive browning.
- ☐ Bake 6 to 7 minutes longer or until crust is golden. Cool completely on cooling rack, about 15 minutes.
- ☐ In large bowl, gently toss filling ingredients. Spoon filling into pastry-lined pie plate.
- ☐ In large bowl, beat topping ingredients with electric mixer on medium-low speed until crumbly.
- ☐ Sprinkle topping evenly over filling.
- ☐ Line cookie sheet with foil.

- ☐ Place pie plate on foil-lined cookie sheet. Cover pie with foil; bake 15 minutes. Reduce heat to 375F; bake 45 to 50 minutes longer or until bubbly.
- ☐ Remove foil from pie; bake 20 to 25 minutes longer or until topping is golden brown. Cool completely on cooling rack, 2 to 3 hours.

Nutrition Facts



Properties

Glycemic Index:49.86, Glycemic Load:27.12, Inflammation Score:-7, Nutrition Score:15.09739145507%

Flavonoids

Cyanidin: 9.87mg, Cyanidin: 9.87mg, Cyanidin: 9.87mg, Cyanidin: 9.87mg Petunidin: 5.88mg, Petunidin: 5.88mg, Petunidin: 5.88mg, Petunidin: 5.88mg Delphinidin: 6.75mg, Delphinidin: 6.75mg, Delphinidin: 6.75mg, Delphinidin: 6.75mg Malvidin: 12.52mg, Malvidin: 12.52mg, Malvidin: 12.52mg, Malvidin: 12.52mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 3.77mg, Peonidin: 3.77mg, Peonidin: 3.77mg, Peonidin: 3.77mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 2.91mg, Epicatechin: 2.91mg, Epicatechin: 2.91mg, Epicatechin: 2.91mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 730.54kcal (36.53%), Fat: 37.54g (57.75%), Saturated Fat: 11.53g (72.04%), Carbohydrates: 92.39g (30.8%), Net Carbohydrates: 85.57g (31.12%), Sugar: 44.45g (49.39%), Cholesterol: 29.04mg (9.68%), Sodium: 396.88mg (17.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.4g (18.8%), Manganese: 1.21mg (60.56%), Fiber: 6.82g (27.29%), Vitamin B1: 0.33mg (21.76%), Phosphorus: 203.79mg (20.38%), Vitamin B2: 0.34mg (20.08%), Folate: 72.16µg (18.04%), Magnesium: 68.03mg (17.01%), Vitamin A: 818.19IU (16.36%), Iron: 2.81mg (15.6%), Selenium: 10.91µg (15.58%), Copper: 0.3mg (15.05%), Calcium: 135.8mg (13.58%), Vitamin B3: 2.34mg (11.7%), Vitamin C: 9.58mg (11.61%), Vitamin K: 11.87µg (11.3%), Potassium: 391.17mg (11.18%), Zinc: 1.45mg (9.67%), Vitamin E: 1.31mg (8.74%), Vitamin B5: 0.87mg (8.69%), Vitamin B6: 0.15mg (7.65%), Vitamin B12: 0.27µg (4.53%)