



## Blueberry-Pear Crisps



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



263 kcal

DESSERT

### Ingredients

- ☐ 1 small pears peeled coarsely chopped
- ☐ 0.5 cup blueberries fresh
- ☐ 2 tablespoons brown sugar packed
- ☐ 2 tablespoons flour whole wheat all-purpose
- ☐ 1 tablespoon oats
- ☐ 0.1 teaspoon apple pie spice
- ☐ 1 tablespoon butter firm ()
- ☐ 1 serving whipped cream

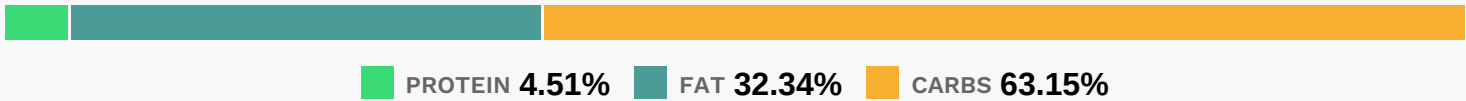
# Equipment

- ☐ bowl
- ☐ oven
- ☐ blender

# Directions

- ☐ Heat oven to 375°F. Grease two 6-ounce custard cups.
- ☐ Mix pear and blueberries; divide between custard cups.
- ☐ Mix brown sugar, flour, oats and apple pie spice in small bowl.
- ☐ Cut in butter with pastry blender or fork until mixture is crumbly; sprinkle over fruit.
- ☐ Bake about 30 minutes or until topping is golden brown and pear is tender.
- ☐ Serve warm with cream.

# Nutrition Facts



# Properties

Glycemic Index:88.88, Glycemic Load:10.38, Inflammation Score:-5, Nutrition Score:7.1126086996949%

# Flavonoids

Cyanidin: 4.65mg, Cyanidin: 4.65mg, Cyanidin: 4.65mg, Cyanidin: 4.65mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg Epicatechin: 3.01mg, Epicatechin: 3.01mg, Epicatechin: 3.01mg, Epicatechin: 3.01mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 263.11kcal (13.16%), Fat: 9.88g (15.2%), Saturated Fat: 3.51g (21.92%), Carbohydrates: 43.39g (14.46%), Net Carbohydrates: 38.91g (14.15%), Sugar: 29.6g (32.89%), Cholesterol: 14.52mg (4.84%), Sodium: 97.26mg (4.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.2%), Manganese: 0.58mg (29.18%), Fiber: 4.48g (17.93%), Vitamin K: 10.72µg (10.21%), Phosphorus: 87.5mg (8.75%), Selenium: 6.05µg (8.65%), Vitamin A: 428.76IU (8.58%), Vitamin C: 7.01mg (8.5%), Vitamin B2: 0.13mg (7.8%), Copper: 0.14mg (6.8%), Calcium: 67.97mg (6.8%), Magnesium: 27.21mg (6.8%), Potassium: 236mg (6.74%), Vitamin B1: 0.09mg (5.73%), Vitamin B6: 0.09mg (4.7%), Vitamin E: 0.68mg (4.54%), Zinc: 0.66mg (4.39%), Iron: 0.76mg (4.2%), Vitamin B5: 0.37mg (3.71%), Vitamin B3: 0.71mg (3.55%), Folate: 13.31µg (3.33%), Vitamin B12: 0.14µg (2.26%)