



Caramel-Pear Crisp

READY IN



70 min.

SERVINGS



10

CALORIES



187 kcal

DESSERT

Ingredients

- 3 Tbsp brown sugar
- 2 Tbsp butter cold
- 12 caramels kraft
- 1 Tbsp milk
- 4 large pears peeled cut into 1/2-inch-thick slices
- 0.3 cup quick-cooking oats
- 0.7 cup vanilla wafers crushed
- 0.8 cup cool whip lite whipped topping thawed

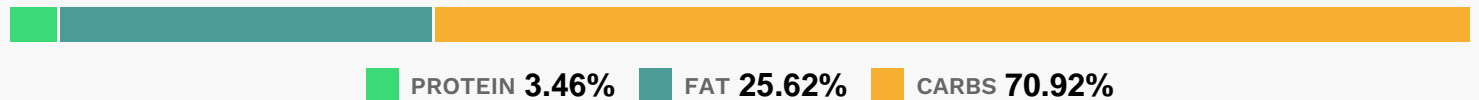
Equipment

- bowl
- oven
- blender
- microwave

Directions

- Heat oven to 375F.
- Combine oats and sugar in medium bowl.
- Cut in butter with pastry blender or 2 knives until mixture resembles coarse crumbs. Stir in wafer crumbs.
- Place pears in 1-1/2-qt. casserole sprayed with cooking spray; top with crumb mixture.
- Bake 35 to 40 min. or until pears are tender and topping is golden brown. Cool 15 min.
- Meanwhile, microwave caramels and milk in small microwavable bowl on HIGH 1 to 1-1/2 min. or until caramels are completely melted, stirring after 1 min.
- Drizzle caramel sauce over dessert just before serving; top with COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:33.17, Glycemic Load:14.95, Inflammation Score:-2, Nutrition Score:3.3682608546122%

Flavonoids

Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg Epicatechin: 3.46mg, Epicatechin: 3.46mg, Epicatechin: 3.46mg, Epicatechin: 3.46mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 187.22kcal (9.36%), Fat: 5.6g (8.62%), Saturated Fat: 2.88g (18.01%), Carbohydrates: 34.9g (11.63%), Net Carbohydrates: 31.75g (11.55%), Sugar: 24.07g (26.74%), Cholesterol: 7.31mg (2.44%), Sodium: 83.75mg (3.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.4%), Fiber: 3.15g (12.58%), Manganese: 0.14mg (6.75%), Vitamin C: 4mg (4.85%), Vitamin B2: 0.08mg (4.83%), Potassium: 159.22mg (4.55%), Vitamin K: 4.71µg (4.49%), Vitamin B1: 0.07mg (4.48%), Copper: 0.09mg (4.37%), Phosphorus: 43.59mg (4.36%), Magnesium: 14.91mg (3.73%), Folate: 14.31µg (3.58%), Calcium: 35.3mg (3.53%), Vitamin A: 105.6IU (2.11%), Vitamin B6: 0.04mg (1.95%), Vitamin B3: 0.39mg (1.93%), Vitamin E: 0.27mg (1.83%), Selenium: 1.23µg (1.76%), Iron: 0.31mg (1.71%), Zinc: 0.23mg (1.5%), Vitamin B5: 0.15mg (1.47%)