



Caramel Pear Crumble

 Vegetarian

READY IN



35 min.

SERVINGS



9

CALORIES



514 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 0.7 cup brown sugar
- 0.8 cup butter melted
- 9 ounce werther's original baking caramels
- 1 cup flour all-purpose
- 1 tablespoon milk
- 15 ounce pear halves in pear juice drained cut into 1/2-inch pieces canned
- 1.5 cups rolled oats

- 0.3 teaspoon salt
- 1 cup walnuts chopped

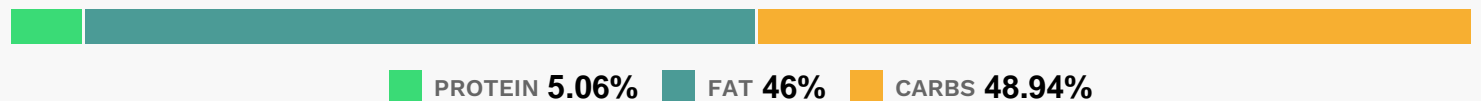
Equipment

- bowl
- frying pan
- oven
- baking pan
- microwave

Directions

- Preheat oven to 375 degrees F. Spray an 8 x 8-inch pan with non-stick cooking spray.
- Microwave caramels and milk in a microwave-safe bowl on HIGH 2 minutes, or until melted, stirring after 1 minute.
- Mix the flour, oats, brown sugar, baking soda and salt in a medium bowl. Stir in the melted butter until crumbly. Press half of oat mixture into the bottom of the prepared baking pan. Reserve the rest.
- Bake the crust for 9 minutes.
- Sprinkle crust with walnuts and chopped pears.
- Pour the caramel mixture over pears and then crumble the remaining crust mixture over the caramel layer. Return to the oven and bake for an additional 20 minutes, or until the top is lightly toasted. Spoon into dessert cups while it is still warm or chill and cut into bars.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:25.19, Inflammation Score:-5, Nutrition Score:11.122608780537%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg

Nutrients (% of daily need)

Calories: 513.96kcal (25.7%), Fat: 27.18g (41.82%), Saturated Fat: 11.43g (71.41%), Carbohydrates: 65.06g (21.69%), Net Carbohydrates: 62.4g (22.69%), Sugar: 38.42g (42.69%), Cholesterol: 42.86mg (14.29%), Sodium: 326.81mg (14.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.73g (13.47%), Manganese: 1.04mg (52.14%), Vitamin C: 16.25mg (19.7%), Vitamin B1: 0.25mg (16.75%), Copper: 0.32mg (16.15%), Phosphorus: 160.25mg (16.02%), Selenium: 10.37µg (14.81%), Magnesium: 52.89mg (13.22%), Vitamin B2: 0.2mg (12.03%), Folate: 46.24µg (11.56%), Fiber: 2.66g (10.63%), Vitamin A: 489.93IU (9.8%), Iron: 1.76mg (9.76%), Calcium: 86.8mg (8.68%), Zinc: 1.18mg (7.88%), Potassium: 271.93mg (7.77%), Vitamin B3: 1.33mg (6.64%), Vitamin B6: 0.12mg (5.92%), Vitamin E: 0.77mg (5.12%), Vitamin B5: 0.51mg (5.11%), Vitamin K: 4.11µg (3.91%), Vitamin B12: 0.13µg (2.1%)