



Caramelized Pumpkin and Pear Crumble

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



474 kcal

DESSERT

Ingredients

- 30 ounce pumpkin puree canned
- 1.3 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 2 teaspoons ground ginger
- 0.5 cup brown sugar light packed
- 0.5 cup maple syrup
- 2 large pears cored ripe peeled cut into 1/2-inch cubes
- 14 tablespoons butter unsalted cold

- 1 teaspoon vanilla extract
- 0.5 cup walnut pieces

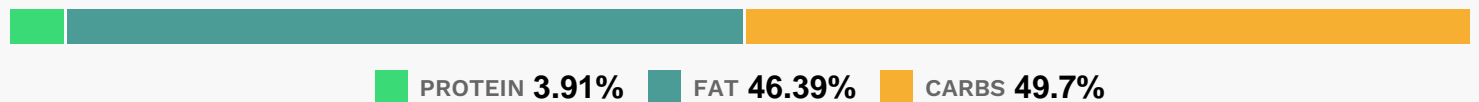
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- In a nonstick skillet over medium heat, combine pears, 4 tablespoons of butter, maple syrup, vanilla, and spices and cook until the pears are tender, 9 to 10 minutes.
- Add pumpkin and cook for 1 to 2 minutes.
- Remove from the heat.
- Place the flour, brown sugar, and remaining butter in a bowl. With your fingers, work the butter into the dry ingredients until large crumbs form.
- Add the walnuts and combine well.
- Heat oven to 37
- In a 9-by-13-inch baking dish, spread the pumpkin-pear mixture evenly on the bottom.
- Sprinkle the topping over it and bake until golden brown and bubbling, about 40 to 50 minutes.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:21.66, Glycemic Load:18.39, Inflammation Score:-10, Nutrition Score:17.415652096272%

Flavonoids

Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 2.16mg, Epicatechin: 2.16mg, Epicatechin: 2.16mg, Epicatechin: 2.16mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 473.51kcal (23.68%), Fat: 25.23g (38.82%), Saturated Fat: 13.24g (82.78%), Carbohydrates: 60.83g (20.28%), Net Carbohydrates: 54.81g (19.93%), Sugar: 34.85g (38.72%), Cholesterol: 52.67mg (17.56%), Sodium: 14.98mg (0.65%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 4.78g (9.56%), Vitamin A: 17173.75IU (343.48%), Manganese: 1.23mg (61.55%), Vitamin B2: 0.45mg (26.18%), Fiber: 6.02g (24.08%), Vitamin K: 21.55µg (20.53%), Iron: 2.93mg (16.31%), Copper: 0.32mg (15.94%), Folate: 60.64µg (15.16%), Vitamin B1: 0.23mg (15.03%), Magnesium: 51.49mg (12.87%), Vitamin E: 1.83mg (12.2%), Potassium: 416.17mg (11.89%), Selenium: 8.15µg (11.65%), Phosphorus: 97.88mg (9.79%), Vitamin B3: 1.81mg (9.06%), Vitamin C: 7.04mg (8.53%), Calcium: 84.02mg (8.4%), Vitamin B6: 0.13mg (6.7%), Vitamin B5: 0.63mg (6.29%), Zinc: 0.79mg (5.26%), Vitamin D: 0.37µg (2.45%)