



Cardamom-Scented Oatmeal-Pear Crisp

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



242 kcal

DESSERT

Ingredients

- 6 cups pieces bartlett pears ripe peeled (1-inch) ()
- 0.3 cup brown sugar dark packed
- 0.5 cup brown sugar dark packed
- 0.5 cup cranberries dried
- 0.3 teaspoon ground cardamom
- 1 teaspoon ground cinnamon
- 6 tablespoons butter chilled cut into small pieces
- 1 cup quick-cooking oats

0.3 cup flour whole-wheat

Equipment

oven

blender

baking pan

Directions

Preheat oven to 37

Combine first 4 ingredients; cut in margarine with a pastry blender or 2 knives until mixture resembles coarse meal. Set aside.

Combine pears, cranberries, 1/4 cup brown sugar, and cardamom in a 13 x 9-inch baking dish; toss well.

Sprinkle with oats mixture.

Bake at 375 for 30 minutes or until pears are tender.

Serve warm with vanilla frozen yogurt, if desired.

Nutrition Facts



PROTEIN 3.34% **FAT 28.77%** **CARBS 67.89%**

Properties

Glycemic Index:11.6, Glycemic Load:7.2, Inflammation Score:-4, Nutrition Score:5.5886956518111%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 242.41kcal (12.12%), Fat: 8.01g (12.32%), Saturated Fat: 1.6g (9.97%), Carbohydrates: 42.5g (14.17%), Net Carbohydrates: 38.26g (13.91%), Sugar: 28.68g (31.87%), Cholesterol: 0mg (0%), Sodium: 89.78mg (3.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.18%), Manganese: 0.62mg (30.9%), Fiber: 4.24g (16.94%), Magnesium: 34.64mg (8.66%), Selenium: 5.55µg (7.93%), Vitamin A: 341.82IU (6.84%), Phosphorus: 64.06mg (6.41%), Copper: 0.12mg (6.22%), Vitamin B1: 0.08mg (5.05%), Iron: 0.84mg (4.69%), Vitamin C: 3.74mg (4.54%),

Potassium: 158.45mg (4.53%), Vitamin E: 0.59mg (3.95%), Vitamin K: 4.05µg (3.86%), Calcium: 31.83mg (3.18%), Zinc: 0.45mg (2.99%), Vitamin B6: 0.06mg (2.83%), Vitamin B2: 0.04mg (2.55%), Folate: 9.66µg (2.42%), Vitamin B3: 0.46mg (2.3%), Vitamin B5: 0.16mg (1.6%)