

Classic Pear Crisp

READY IN



60 min.

SERVINGS



6

CALORIES



482 kcal

DESSERT

Ingredients

- 0.3 cup brown sugar
- 0.3 cup butter
- 2 teaspoons crystallized ginger finely chopped
- 2 tablespoons flour all-purpose
- 1 teaspoon ground cinnamon
- 8 cups pears peeled sliced
- 1 cup rolled oats
- 1 pint whipped cream
- 2 tablespoons sugar white

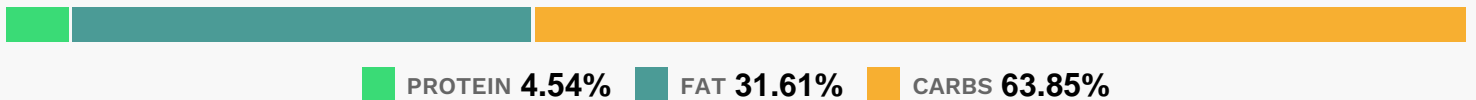
Equipment

- bowl
- oven
- baking pan
- casserole dish

Directions

- Preheat the oven to 375 degrees F (190 degrees C). Grease a 2 quart casserole dish or 9 inch square baking dish.
- In a medium bowl, stir together the oats, brown sugar, 1/2 cup flour, 1 teaspoon crystallized ginger, and cinnamon. Stir in the butter until the mixture is crumbly with pea sized lumps. Set aside.
- In a separate bowl, stir together the white sugar, 2 tablespoons flour and 2 teaspoons of crystallized ginger.
- Add the sliced pears, and toss to blend.
- Transfer to the prepared baking dish.
- Spread with the oat topping.
- Bake for 30 to 35 minutes in the preheated oven, until pears are soft and topping is golden brown. Cool slightly before serving with vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:56.31, Glycemic Load:27.86, Inflammation Score:-6, Nutrition Score:11.329999934072%

Flavonoids

Cyanidin: 4.42mg, Cyanidin: 4.42mg, Cyanidin: 4.42mg, Cyanidin: 4.42mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epigallocatechin: 1.27mg, Epigallocatechin: 1.27mg, Epigallocatechin: 1.27mg, Epigallocatechin: 1.27mg Epicatechin: 8.07mg, Epicatechin: 8.07mg, Epicatechin: 8.07mg, Epicatechin: 8.07mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-

gallate: 0.04mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 481.68kcal (24.08%), Fat: 17.57g (27.03%), Saturated Fat: 10.42g (65.12%), Carbohydrates: 79.84g (26.61%), Net Carbohydrates: 71.02g (25.83%), Sugar: 54.89g (60.99%), Cholesterol: 55.03mg (18.34%), Sodium: 130.66mg (5.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.68g (11.37%), Fiber: 8.82g (35.26%), Manganese: 0.68mg (34.16%), Phosphorus: 169.64mg (16.96%), Vitamin B2: 0.28mg (16.62%), Calcium: 143.46mg (14.35%), Potassium: 477.59mg (13.65%), Copper: 0.26mg (12.89%), Vitamin A: 623.03IU (12.46%), Vitamin C: 9.72mg (11.78%), Magnesium: 46.76mg (11.69%), Vitamin K: 10.73µg (10.22%), Selenium: 6.66µg (9.52%), Vitamin B1: 0.14mg (9.36%), Zinc: 1.29mg (8.58%), Vitamin B5: 0.75mg (7.53%), Folate: 28.3µg (7.07%), Iron: 1.27mg (7.03%), Vitamin B6: 0.12mg (6.03%), Vitamin B12: 0.32µg (5.39%), Vitamin E: 0.78mg (5.2%), Vitamin B3: 0.76mg (3.79%), Vitamin D: 0.16µg (1.05%)