Cranberry-Pear Crisp

Dairy Free

READY IN	SERVINGS	CALORIES
45 min.	9	173 kcal

DESSERT

Ingredients

- [ ] 0.5 cup firmly brown sugar packed
- [ ] 2 Tbsp brown sugar
- [ ] 0.5 cup flour
- [ ] 1 tsp ground cinnamon divided
- [ ] 3 Tbsp butter cold
- [ ] 1 cup grain cereal flakes whole with cranberries and almonds, lightly crushed
- [ ] 4 cups pears cored ripe peeled sliced

Equipment

- [ ] bowl
- [ ] oven
- [ ] baking pan

Directions

- [ ] Preheat oven to 375F. Toss pears with 2 Tbsp. sugar and 1/2 tsp. of the cinnamon in large bowl.
- [ ] Place in 8-inch square baking dish.
- [ ] Mix 1/2 cup sugar, the flour and remaining 1/2 tsp. cinnamon in large bowl; cut in margarine until mixture resembles coarse crumbs. Stir in cereal.
- [ ] Sprinkle evenly over pears.
- [ ] Bake 30 min. or until pears are tender.
- [ ] Serve warm.

Nutrition Facts

PROTEIN **4.43%** FAT **19.82%** CARBS **75.75%**

Properties

Glycemic Index:12.97, Glycemic Load:7.02, Inflammation Score:-2, Nutrition Score:3.6813043284675%

Flavonoids

Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 2.69mg, Epicatechin: 2.69mg, Epicatechin: 2.69mg, Epicatechin: 2.69mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 173.38kcal (8.67%), Fat: 3.96g (6.08%), Saturated Fat: 0.81g (5.07%), Carbohydrates: 34.01g (11.34%), Net Carbohydrates: 31.22g (11.35%), Sugar: 22.63g (25.15%), Cholesterol: 0mg (0%), Sodium: 65.06mg (2.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.98%), Fiber: 2.79g (11.14%), Vitamin B1: 0.13mg (8.33%), Manganese: 0.14mg (7.08%), Vitamin B2: 0.1mg (5.99%), Folate: 23.49µg (5.87%), Vitamin C: 4.21mg (5.1%), Iron: 0.91mg (5.08%), Vitamin B3: 0.82mg (4.11%), Copper: 0.08mg (3.83%), Vitamin B6: 0.08mg (3.76%), Selenium:

2.61µg (3.73%), Vitamin A: 185.67IU (3.71%), Calcium: 33.02mg (3.3%), Potassium: 113.44mg (3.24%), Vitamin K: 3.26µg (3.1%), Magnesium: 8.19mg (2.05%), Phosphorus: 17.94mg (1.79%), Vitamin E: 0.24mg (1.61%)