



Cranberry-Pear Crisp

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



512 kcal

DESSERT

Ingredients

- ☐ 1 pound cranberries frozen thawed (if)
- ☐ 1 cup cranberries dried
- ☐ 1 cup flour all-purpose
- ☐ 1 pinch ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup old-fashioned rolled oats
- ☐ 3 pears firm peeled cut into 1/2-inch pieces (such as Bosc)
- ☐ 1 cup pecans chopped

- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 1 stick butter unsalted melted
- ☐ 2 teaspoons vanilla extract

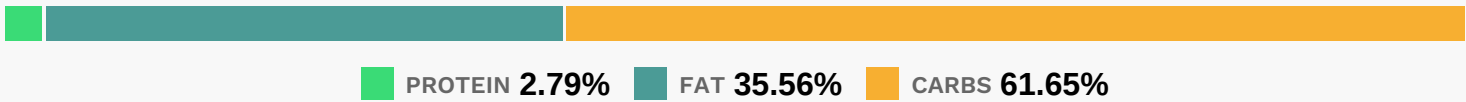
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ potato masher

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Combine the fresh and dried cranberries in a large bowl.
- ☐ Add 1 cup sugar, 3 tablespoons water and the vanilla and toss to coat. Lightly smash with a potato masher or fork to burst some of the cranberries.
- ☐ Add the pears, cinnamon, allspice and 2 tablespoons flour and toss to coat.
- ☐ Transfer to a 3-quart baking dish.
- ☐ Mix the remaining 1 cup flour, the pecans, oats, the remaining 1/2 cup sugar and the salt in a medium bowl, then stir in the melted butter. Use your fingers to pinch the topping into small clumps and sprinkle it over the fruit.
- ☐ Bake until the fruit is bubbling and the topping is golden brown, about 40 minutes.
- ☐ Serve warm or at room temperature.
- ☐ Photograph by Charles Masters

Nutrition Facts



Properties

Glycemic Index:37.11, Glycemic Load:40.56, Inflammation Score:-5, Nutrition Score:10.256956474937%

Flavonoids

Cyanidin: 29.12mg, Cyanidin: 29.12mg, Cyanidin: 29.12mg, Cyanidin: 29.12mg Delphinidin: 5.26mg, Delphinidin: 5.26mg, Delphinidin: 5.26mg, Delphinidin: 5.26mg Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 27.87mg, Peonidin: 27.87mg, Peonidin: 27.87mg, Peonidin: 27.87mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epigallocatechin: 1.51mg, Epigallocatechin: 1.51mg, Epigallocatechin: 1.51mg, Epigallocatechin: 1.51mg Epicatechin: 5.09mg, Epicatechin: 5.09mg, Epicatechin: 5.09mg, Epicatechin: 5.09mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.95mg, Epigallocatechin 3-gallate: 0.95mg, Epigallocatechin 3-gallate: 0.95mg, Epigallocatechin 3-gallate: 0.95mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 4.12mg, Myricetin: 4.12mg, Myricetin: 4.12mg, Myricetin: 4.12mg Quercetin: 9.66mg, Quercetin: 9.66mg, Quercetin: 9.66mg, Quercetin: 9.66mg

Nutrients (% of daily need)

Calories: 511.69kcal (25.58%), Fat: 21.14g (32.53%), Saturated Fat: 8.11g (50.67%), Carbohydrates: 82.46g (27.49%), Net Carbohydrates: 75.61g (27.49%), Sugar: 58.05g (64.5%), Cholesterol: 30.37mg (10.12%), Sodium: 77.75mg (3.38%), Alcohol: 0.34g (100%), Alcohol %: 0.2% (100%), Protein: 3.74g (7.47%), Manganese: 1.06mg (52.94%), Fiber: 6.85g (27.4%), Vitamin B1: 0.23mg (15.58%), Copper: 0.28mg (14.16%), Vitamin C: 10.99mg (13.32%), Vitamin E: 1.67mg (11.14%), Selenium: 7.08µg (10.12%), Folate: 37.81µg (9.45%), Vitamin B2: 0.14mg (8.42%), Iron: 1.49mg (8.28%), Vitamin A: 411.12IU (8.22%), Vitamin K: 8.48µg (8.08%), Phosphorus: 80.56mg (8.06%), Magnesium: 31.1mg (7.78%), Vitamin B3: 1.36mg (6.78%), Zinc: 0.92mg (6.1%), Potassium: 213.28mg (6.09%), Vitamin B6: 0.09mg (4.69%), Vitamin B5: 0.45mg (4.53%), Calcium: 29.57mg (2.96%), Vitamin D: 0.21µg (1.41%)