



Cranberry-Pear Crisp

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



451 kcal

DESSERT

Ingredients

- ☐ 0.7 cup firmly brown sugar packed
- ☐ 0.5 cup butter
- ☐ 12 ounce cranberries fresh
- ☐ 0.7 cup flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 1.5 teaspoons ground ginger
- ☐ 1.5 cups regular oats uncooked
- ☐ 1.5 cups orange juice fresh

- ☐ 2 teaspoons orange rind grated
- ☐ 6 pears thinly sliced
- ☐ 0.7 cup sugar

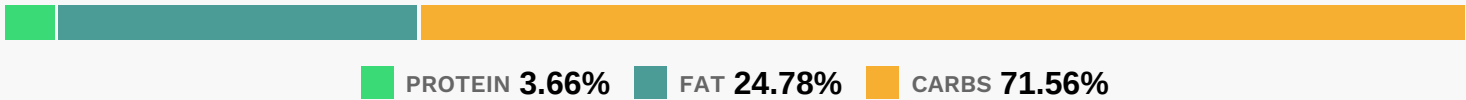
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Combine first 7 ingredients in a large saucepan; bring to a boil. Reduce heat, and simmer, stirring occasionally, 10 minutes or until cranberries pop and mixture thickens. Spoon evenly into a lightly greased 13- x 9-inch baking dish.
- ☐ Combine oats, flour, and brown sugar in a small bowl; cut in butter with a pastry blender until crumbly.
- ☐ Sprinkle over fruit mixture.
- ☐ Bake at 375 for 20 to 25 minutes or until lightly browned.
- ☐ Serve warm with ice cream or whipped cream.

Nutrition Facts



Properties

Glycemic Index:40.48, Glycemic Load:30.91, Inflammation Score:-7, Nutrition Score:12.593913233151%

Flavonoids

Cyanidin: 22.49mg, Cyanidin: 22.49mg, Cyanidin: 22.49mg, Cyanidin: 22.49mg Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 20.9mg, Peonidin: 20.9mg, Peonidin: 20.9mg, Peonidin: 20.9mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg

Catechin: 0.53mg Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg
Epicatechin: 6.88mg, Epicatechin: 6.88mg, Epicatechin: 6.88mg, Epicatechin: 6.88mg Epicatechin 3–gallate:
0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg
Epigallocatechin 3–gallate: 0.64mg, Epigallocatechin 3–gallate: 0.64mg, Epigallocatechin 3–gallate: 0.64mg,
Epigallocatechin 3–gallate: 0.64mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol:
0.08mg Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg Naringenin: 1mg,
Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg,
Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg
Myricetin: 2.84mg, Myricetin: 2.84mg, Myricetin: 2.84mg, Myricetin: 2.84mg Quercetin: 7.55mg, Quercetin: 7.55mg,
Quercetin: 7.55mg, Quercetin: 7.55mg

Nutrients (% of daily need)

Calories: 450.93kcal (22.55%), Fat: 12.93g (19.89%), Saturated Fat: 2.61g (16.31%), Carbohydrates: 83.98g (27.99%),
Net Carbohydrates: 76.03g (27.65%), Sugar: 53.36g (59.29%), Cholesterol: 0mg (0%), Sodium: 143.03mg (6.22%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.59%), Manganese: 1.07mg (53.56%), Vitamin C: 35.67mg
(43.24%), Fiber: 7.95g (31.8%), Vitamin B1: 0.22mg (14.47%), Vitamin A: 663.06IU (13.26%), Selenium: 8.7µg (12.42%),
Copper: 0.24mg (12.1%), Folate: 48.2µg (12.05%), Potassium: 386.9mg (11.05%), Magnesium: 43.57mg (10.89%),
Phosphorus: 107.24mg (10.72%), Iron: 1.82mg (10.11%), Vitamin E: 1.26mg (8.42%), Vitamin B2: 0.14mg (8.35%),
Vitamin K: 8.54µg (8.13%), Vitamin B3: 1.3mg (6.5%), Vitamin B6: 0.11mg (5.71%), Zinc: 0.85mg (5.68%), Calcium:
55.88mg (5.59%), Vitamin B5: 0.54mg (5.37%)