



Cranberry-Pear Crumble Pie

READY IN



65 min.

SERVINGS



10

CALORIES



374 kcal

DESSERT

Ingredients

- 0.3 cup brown sugar packed
- 0.3 cup butter melted
- 1 cup cranberries chopped
- 8 oz philadelphia cream cheese softened
- 0.5 tsp ground cinnamon
- 3.4 oz jell-o vanilla flavor pudding instant
- 2 large pears fresh sliced
- 1 ready-to-use pie crust refrigerated
- 24 vanilla wafers crushed

1.3 cups cool whip whipped topping thawed

Equipment

bowl

oven

Directions

Heat oven to 450F.

Line 9-inch pie plate with crust.

Bake 5 to 6 min. or until lightly browned; cool. Meanwhile, mix wafer crumbs, sugar and butter until blended.

Reduce oven temperature to 375F.

Spread cream cheese carefully onto bottom of crust; sprinkle with half the crumb mixture.

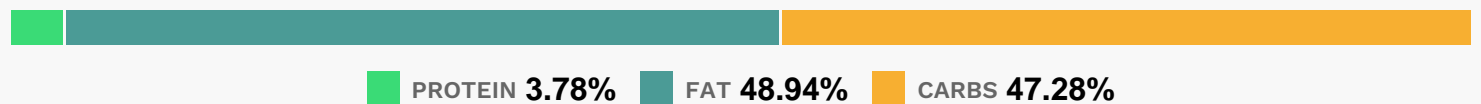
Combine fruit in large bowl.

Add dry pudding mix and cinnamon; toss to coat. Spoon into crust; top with remaining crumb mixture.

Bake 35 min. or until fruit is tender and crust is golden brown. Cool completely.

Serve topped with COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:24.08, Glycemic Load:10.72, Inflammation Score:-4, Nutrition Score:4.6069565752278%

Flavonoids

Cyanidin: 5.59mg, Cyanidin: 5.59mg, Cyanidin: 5.59mg, Cyanidin: 5.59mg Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.92mg, Peonidin: 4.92mg, Peonidin: 4.92mg, Peonidin: 4.92mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 2.17mg, Epicatechin: 2.17mg, Epicatechin: 2.17mg, Epicatechin: 2.17mg

Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 373.86kcal (18.69%), Fat: 20.69g (31.83%), Saturated Fat: 10.79g (67.41%), Carbohydrates: 44.96g (14.99%), Net Carbohydrates: 42.42g (15.43%), Sugar: 25.52g (28.35%), Cholesterol: 35.44mg (11.81%), Sodium: 305.29mg (13.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.2%), Fiber: 2.54g (10.16%), Vitamin A: 471.4IU (9.43%), Vitamin B2: 0.14mg (8.22%), Manganese: 0.16mg (8.14%), Vitamin B1: 0.12mg (8.09%), Folate: 30.45µg (7.61%), Phosphorus: 57.97mg (5.8%), Selenium: 3.41µg (4.88%), Vitamin B3: 0.96mg (4.79%), Vitamin K: 4.98µg (4.74%), Calcium: 44.54mg (4.45%), Vitamin E: 0.64mg (4.28%), Vitamin C: 3.38mg (4.1%), Potassium: 140.52mg (4.01%), Iron: 0.64mg (3.56%), Copper: 0.07mg (3.31%), Vitamin B5: 0.26mg (2.64%), Magnesium: 9.75mg (2.44%), Vitamin B6: 0.04mg (2.24%), Zinc: 0.27mg (1.77%), Vitamin B12: 0.08µg (1.3%)