



Cranberry-Pear Crumble Pie

READY IN



50 min.

SERVINGS



10

CALORIES



254 kcal

DESSERT

Ingredients

- 2 Tbsp brown sugar
- 1 cup cranberries chopped
- 8 oz philadelphia cream cheese fat free softened
- 0.5 tsp ground cinnamon
- 1 oz jell-o vanilla flavor pudding fat free sugar free instant
- 0.3 cup butter melted soft
- 2 Tbsp splenda® no calorie sweetener
- 2 large pears fresh sliced
- 2 cups vanilla wafers crushed reduced-fat finely

1.3 cups cool whip whipped topping sugar free thawed

Equipment

bowl

oven

blender

Directions

Heat oven to 350F.

Mix crumbs, brown sugar, SLENDA Granulated and margarine until well blended. Reserve 1 cup crumb mixture; press remaining onto bottom and up side of 9-inch pie plate.

Beat cream cheese with mixer until creamy; carefully spread onto bottom of crust.

Sprinkle with half the reserved 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



PROTEIN 7.75% **FAT 39.83%** **CARBS 52.42%**

Properties

Glycemic Index:21.38, Glycemic Load:14.84, Inflammation Score:-3, Nutrition Score:4.5204348149507%

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: 253.88kcal (12.69%), Fat: 11.46g (17.64%), Saturated Fat: 3.74g (23.36%), Carbohydrates: 33.95g (11.32%), Net Carbohydrates: 31.77g (11.55%), Sugar: 20.38g (22.65%), Cholesterol: 3.13mg (1.04%), Sodium: 345.1mg (15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.04%), Phosphorus: 143.39mg (14.34%), Calcium: 96.91mg (9.69%), Fiber: 2.18g (8.72%), Vitamin B2: 0.14mg (8.02%), Folate: 31.01µg (7.75%), Vitamin B1: 0.11mg (7.39%), Vitamin A: 307.5IU (6.15%), Potassium: 159.88mg (4.57%), Manganese: 0.09mg (4.32%), Vitamin C: 3.4mg (4.12%), Vitamin B12: 0.24µg (4.03%), Vitamin B3: 0.72mg (3.62%), Vitamin E: 0.48mg (3.17%), Vitamin K: 2.91µg (2.77%), Copper: 0.05mg (2.73%), Zinc: 0.41mg (2.72%), Vitamin B5: 0.25mg (2.53%), Magnesium: 9.99mg (2.5%), Selenium: 1.45µg (2.07%), Vitamin B6: 0.03mg (1.71%), Iron: 0.19mg (1.05%)