



Crunchy Pear-Berry Granola Crisp



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



234 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 3 tablespoons brown sugar dark
- ☐ 0.5 cup cranberries dried
- ☐ 2 cups granola cereal without raisins low-fat (such as Healthy Choice)
- ☐ 1 tablespoon juice of lemon
- ☐ 4 cups pears peeled sliced (3)
- ☐ 0.5 teaspoon vanilla extract

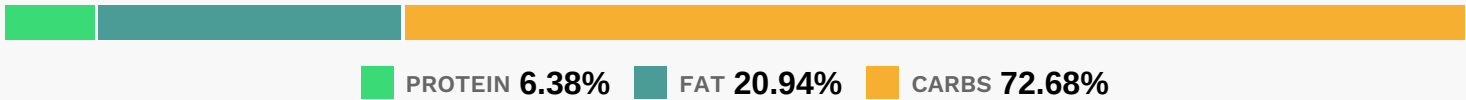
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 6 ingredients in a large bowl; toss well. Spoon mixture into a 9- inch pie plate coated with cooking spray.
- ☐ Top fruit mixture with granola; coat granola generously with cooking spray.
- ☐ Bake at 400 or until fruit is tender and topping is lightly browned.

Nutrition Facts



Properties

Glycemic Index:4.59, Glycemic Load:3.58, Inflammation Score:-2, Nutrition Score:7.1482608745927%

Flavonoids

Cyanidin: 1.7mg, Cyanidin: 1.7mg, Cyanidin: 1.7mg, Cyanidin: 1.7mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 233.7kcal (11.68%), Fat: 5.7g (8.76%), Saturated Fat: 0.7g (4.39%), Carbohydrates: 44.49g (14.83%), Net Carbohydrates: 40g (14.54%), Sugar: 24.02g (26.69%), Cholesterol: 0mg (0%), Sodium: 12.64mg (0.55%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 3.91g (7.81%), Manganese: 0.88mg (44.02%), Fiber: 4.5g (17.99%), Phosphorus: 100.41mg (10.04%), Vitamin E: 1.43mg (9.55%), Magnesium: 34.27mg (8.57%), Iron: 1.54mg (8.55%), Copper: 0.16mg (8.12%), Selenium: 5.49µg (7.84%), Vitamin B1: 0.11mg (7.04%), Potassium: 223.75mg (6.39%), Vitamin K: 5.46µg (5.2%), Vitamin C: 4.23mg (5.13%), Zinc: 0.7mg (4.67%), Vitamin B2: 0.08mg (4.62%), Folate:

16.42µg (4.11%), Calcium: 38.05mg (3.81%), Vitamin B6: 0.07mg (3.28%), Vitamin B5: 0.24mg (2.38%), Vitamin B3: 0.47mg (2.34%)