






Dessert That's No Problem: Baked Pears with Oatmeal Crumble

 Vegetarian

READY IN

45 min.

SERVINGS

4

CALORIES

368 kcal

DESSERT

Ingredients

- 2 pears split with core and seeds carefully removed ripe (I've used Anjou and Bosc)
- 1.5 cups oatmeal
- 1.5 cups oatmeal
- 0.3 cup brown sugar packed
- 0.3 cup brown sugar packed
- 0.3 cup flour
- 0.3 teaspoon cinnamon

2 tablespoons butter chilled cut into small pieces

Equipment

bowl

oven

baking pan

Directions

Preheat your oven to 400 degrees F.

In a small bowl, mix together the oatmeal, brown sugar, flour and cinnamon.

Place the halved pears in a baking dish.

Spoon the oatmeal mixture onto the top of each pear half and pat down to make a small mound.

Dot each of the pear halves with the pieces of butter.

Bake, uncovered, for about 15 minutes. Turn the oven to broil to allow the topping to brown, just for about 30 seconds. Watch the pears carefully at this point so they dont burn.

Serve with vanilla ice cream, caramel sauce or plain.

Nutrition Facts



PROTEIN **6.27%** FAT **20.34%** CARBS **73.39%**

Properties

Glycemic Index:71.94, Glycemic Load:20.62, Inflammation Score:-4, Nutrition Score:10.66652173913%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Taste

Sweetness: 100%, Saltiness: 2.01%, Sourness: 17%, Bitterness: 11.86%, Savoriness: 3.34%, Fattiness: 16.24%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 367.9kcal (18.39%), Fat: 8.57g (13.18%), Saturated Fat: 4.18g (26.1%), Carbohydrates: 69.56g (23.19%), Net Carbohydrates: 63.48g (23.08%), Sugar: 35.86g (39.84%), Cholesterol: 15.05mg (5.02%), Sodium: 60.82mg (2.64%), Protein: 5.94g (11.88%), Manganese: 1.17mg (58.41%), Fiber: 6.08g (24.33%), Selenium: 13.47µg (19.25%), Phosphorus: 159.54mg (15.95%), Vitamin B1: 0.23mg (15.06%), Magnesium: 58.46mg (14.62%), Iron: 2.43mg (13.48%), Zinc: 1.93mg (12.86%), Copper: 0.23mg (11.54%), Folate: 36.28µg (9.07%), Potassium: 275.68mg (7.88%), Vitamin B5: 0.68mg (6.78%), Vitamin B2: 0.11mg (6.18%), Vitamin B3: 1.19mg (5.93%), Calcium: 51.08mg (5.11%), Vitamin K: 5µg (4.76%), Vitamin C: 3.83mg (4.64%), Vitamin A: 197.55IU (3.95%), Vitamin E: 0.42mg (2.79%), Vitamin B6: 0.05mg (2.54%)