



Easy Caramel-Pear Crumble

READY IN



65 min.

SERVINGS



8

CALORIES



418 kcal

DESSERT

Ingredients

- ☐ 3 lb purée of usa bartlett pear ripe peeled sliced (6 cups)
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup butter cold cut into pieces
- ☐ 1 cup individually wrapped caramels
- ☐ 0.3 cup mrs richardson's butterscotch caramel sauce
- ☐ 1.5 cups basic cookie mix (17.5-oz size)
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 teaspoon ground cinnamon

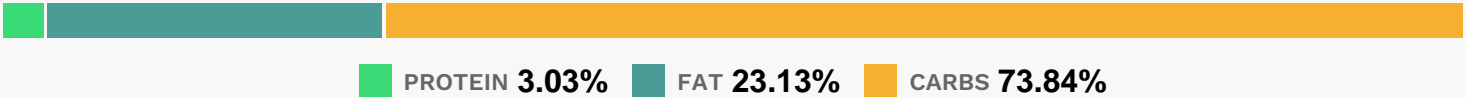
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ glass baking pan

Directions

- ☐ Heat oven to 375F. Spray 8-inch square (2-quart) glass baking dish with cooking spray.
- ☐ In large bowl, mix pears, caramel bits, brown sugar, flour and cinnamon until evenly coated.
- ☐ Spread in dish. In same bowl, place cookie mix.
- ☐ Cut in butter, using pastry blender (or pulling 2 table knives through mix in opposite directions), until mixture looks like coarse crumbs. Crumble over pears.
- ☐ Bake 45 minutes or until pears are tender and topping is golden brown.
- ☐ Drizzle with caramel topping.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:24.15, Inflammation Score:-3, Nutrition Score:5.3791304619416%

Nutrients (% of daily need)

Calories: 417.83kcal (20.89%), Fat: 10.85g (16.69%), Saturated Fat: 2.26g (14.11%), Carbohydrates: 77.89g (25.96%), Net Carbohydrates: 71.86g (26.13%), Sugar: 57.16g (63.51%), Cholesterol: 2.07mg (0.69%), Sodium: 190.75mg (8.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.4%), Fiber: 6.03g (24.11%), Vitamin C: 7.66mg (9.29%), Vitamin B2: 0.14mg (8.13%), Potassium: 265.08mg (7.57%), Copper: 0.14mg (7.24%), Calcium: 70.2mg (7.02%), Vitamin K: 7.08µg (6.74%), Manganese: 0.13mg (6.53%), Vitamin A: 320.89IU (6.42%), Phosphorus: 59.27mg (5.93%), Vitamin B1: 0.07mg (4.84%), Magnesium: 16.98mg (4.25%), Vitamin E: 0.57mg (3.8%), Folate: 15.12µg (3.78%), Iron: 0.6mg (3.35%), Vitamin B6: 0.07mg (3.27%), Vitamin B5: 0.29mg (2.9%), Vitamin B3: 0.53mg (2.66%), Selenium: 1.52µg (2.17%), Zinc: 0.29mg (1.91%), Vitamin B12: 0.11µg (1.81%)