



## Easy Pear Crisp

 Vegetarian

READY IN



**35 min.**

SERVINGS



**4**

CALORIES



**233 kcal**

DESSERT

### Ingredients

- ☐ 3 medium anjou pears red sliced
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 2 tablespoons butter cold
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 cup regular oats uncooked
- ☐ 0.3 teaspoon salt

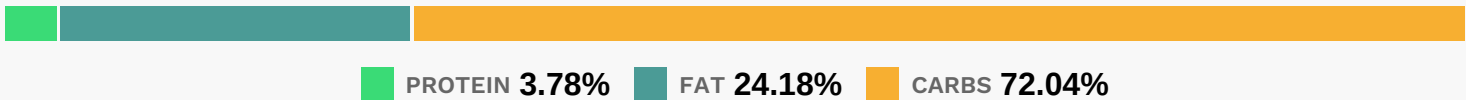
# Equipment

- ☐ bowl
- ☐ oven

# Directions

- ☐ Preheat oven to 37
- ☐ Combine first 5 ingredients in a bowl, and cut in butter until mixture resembles coarse meal.
- ☐ Combine pear and juice; toss well. Spoon pear mixture into a 9-inch pie plate coated with cooking spray.
- ☐ Sprinkle oat mixture over pear mixture.
- ☐ Bake at 375 for 20 minutes.

# Nutrition Facts



# Properties

Glycemic Index:51.69, Glycemic Load:10.35, Inflammation Score:-3, Nutrition Score:6.083478220779%

# Flavonoids

Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 5.02mg, Epicatechin: 5.02mg, Epicatechin: 5.02mg, Epicatechin: 5.02mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

# Nutrients (% of daily need)

Calories: 232.56kcal (11.63%), Fat: 6.58g (10.12%), Saturated Fat: 3.75g (23.43%), Carbohydrates: 44.13g (14.71%), Net Carbohydrates: 38.77g (14.1%), Sugar: 26.66g (29.62%), Cholesterol: 15.05mg (5.02%), Sodium: 196.31mg (8.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.63%), Manganese: 0.49mg (24.47%), Fiber:

5.35g (21.41%), Vitamin C: 8.65mg (10.48%), Copper: 0.16mg (8.13%), Selenium: 4.58µg (6.54%), Magnesium: 26.06mg (6.52%), Phosphorus: 64.53mg (6.45%), Potassium: 223.82mg (6.39%), Vitamin K: 6.62µg (6.3%), Vitamin B1: 0.09mg (6.28%), Iron: 0.96mg (5.34%), Folate: 21.31µg (5.33%), Vitamin B2: 0.07mg (4.26%), Vitamin A: 209.12IU (4.18%), Zinc: 0.55mg (3.64%), Calcium: 32.73mg (3.27%), Vitamin B6: 0.06mg (3%), Vitamin B3: 0.58mg (2.88%), Vitamin E: 0.38mg (2.54%), Vitamin B5: 0.23mg (2.31%)